



Social Work Choice Board

<p>Feelings Check:</p> <p>Take a minute to check-in with your feelings. Write down or draw how you are feeling and why.</p> 	<p>Five Senses Check-In:</p> <p>Pause and notice what you see, hear, smell, taste, and touch. Observe and sit in the moment.</p> 	<p>Breathing Exercise:</p> <p>Count to 10 as you take deep breaths. (Inhale, exhale 1.... Inhale, exhale 2....) If you starts thinking about something other than your breaths</p> 	<p>Draw:</p> <p>Draw yourself as a superhero. What super powers do you want right now?</p> 
<p>Watch:</p> <p>Watch a funny video.</p> 	<p>List:</p> <p>List 3 things you can do when you are feeling frustrated or mad.</p> 	<p>Coping Skills:</p> <p>Try 3 new coping skills. Example: talk to friend/family member, journal, go outside, listen to music.</p> 	<p>Game:</p> <p>Play a game with someone.</p> 
<p>Break:</p> <p>Take a movement break.</p> 	<p>Read:</p> <p>Find a good book. Read to self or with a friend/family member.</p> 	<p>Teamwork:</p> <p>Work with a friend of family member to build something.</p> 	<p>Create:</p> <p>Create a sensory bottle with things you can find at home.</p> 