

Strategies & Tools to Support a Student's Mental Health

Classroom-wide Tool:

RECHARGE - 5 minute classroom breaks to boost mental health for all students.

Student-Specific Strategies & Tools:

Tools for Regulating Emotions

- Draw a picture or create a collage of the different feelings you're experiencing
- How do you feel today?
- Play emotions charades
- Deep Breathing, Word Breathing
- Mindfulness Corner
- Use a Feelings Thermometer

Tools for Anger & Frustration

- Say the ABCs backwards
- Draw what makes you mad and crumple or rip up the paper
- Hold an ice pack or ice cube in fists
- Hold an ice pack to chest
- Clench and unclench your fists
- Use a Feelings Thermometer
- Mindfulness Jars
- Deep Breathing, Word Breathing, Bubble Breathing
- DIY Stress balls

Tools for Attention & Focus

- Get active: push ups on wall, jumping jacks, take a lap around the school
- Listen to instrumental music with headphones
- Deep Breathing
- Use a quiet fidget while listening
- Set a timer for tasks & break tasks into chunks
- Set up scheduled breaks
- Have visual reminders on desk
- Offer flexible seating/work while standing
- Crossword puzzles, picture puzzles, mazes, memory games
- Coloring books/pages
- DIY Mini Sand Trays

Tools for Sadness & Worry

- Create a list of things that you enjoy/
Draw what makes you feel good
- Positive affirmations
- Get outside for fresh air
- Movement break
- Write or draw away your worries
- Deep Breathing, Word Breathing, Bubble Breathing
- Worry Jars
- Circle of Control Activity

If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.