When I Feel Mad, Sad, Worried or Unfocused at School I Can...

1. Use a Breathing Board
2. Try Wave Breathing
3. Use Positive Self-Talk
4. Think of a Happy Memory or Peaceful Place
5. Ask Permission to Quietly Exercise for a Minute or Two
6. Stretch or Do Yoga
7. Read a Book or Look at Feel-Good Pictures
8. List 3 (or more) Positive Things I Am Grateful For
9. Ask for Help
10. Build Something or Do a Puzzle
11. Help Someone or Ask to Do a Classroom Chore
12. Give Myself or a Stuffed Animal a Hug
13. Squeeze Then Relax My Muscles (Try "Rocks & Socks")
14. Take Slow Breaths & Just Sit with My Feelings
15. Get a Drink of Water
16. Try 5 Finger Breathing
17. Use a Tool from the Calm Box
18. Push Against the Wall and Then Relax

When I am Ready, I Can...

1. Draw or Color
2. Use Calm Box
3. Read a Book or Look at Feel-Good Pictures
4. Ask for Help
5. Use a Breathing Board
6. Stretch or Do Yoga
7. Think of a Happy Memory or Peaceful Place
8. List 3 (or more) Positive Things I Am Grateful For
9. Journal or Write a Letter
10. Help Someone or Ask to Do a Classroom Chore
11. Give Myself or a Stuffed Animal a Hug
12. Squeeze Then Relax My Muscles (Try "Rocks & Socks")
13. Take Slow Breaths & Just Sit with My Feelings
14. Get a Drink of Water
15. Try 5 Finger Breathing
16. Use a Tool from the Calm Box
17. Push Against the Wall and Then Relax