

Stretch or  
Do Yoga

Take 5  
Deep Breaths

Tell myself a Positive  
Affirmation or Mantra

Ask For Help

Help Someone

Draw or Color

Read a Book

Get a Drink of Water

Journal or Write  
a Letter

Magnet  
Breathing

Do a Puzzle

Do a Classroom  
Chore

Build  
Something

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

Look at Feel-  
Good Pictures

Ask Permission to  
Exercise Quietly  
For a Minute

Hug a  
Stuffed Animal

Ask For Help

Give Myself a Hug

Think of 3 Things  
I'm Grateful For

Try 5  
Finger Breathing

Treat Myself With  
Kindness and  
Just Breathe

