

Self-Regulation Coping Strategies

STUDENTS CAN USE AT SCHOOL



BREATHE.
As I zoom my attention to my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher-approved fidget.

Imagine a peaceful and calming place.

Roll my neck and shoulders.

Think of at least 3 things I am grateful for.

Tell my teacher I would like to help or take on a classroom responsibility.

Ask to deliver books to the library or another class.

Push against the wall as hard as I can and then relax my body.

Ask my teacher for help if I feel upset or overwhelmed.

Count to 10 and back in coordination with my breath.

Squeeze my fists together as hard as I can...hold...then relax my hands.

Invent a secret hand signal with my teacher that communicates I need help.

Use I-statements to express how I am feeling, what I need, or what I hope for.

Move away from the distraction or person who is bothering me.

Write down my thoughts or questions if my teacher can't address them right away.

Doodle, draw, or color.

Ask to work with a buddy.

Stretch.

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

When I feel upset, sad, or unfocused at school I can:

Volunteer to help clean or organize the classroom.

Ask permission to take a short walk down the hallway or up & down the stairs. And then return.

Rest my head on the desk for a moment or two.

Listen to calming music with headphones.

Read in a quiet spot.

Journal or write a letter.

Push my palms together.

Drink water.

Tell myself a positive affirmation or mantra.

Remind myself its ok to make a mistake.

Take a 3-5 minute break in the designated classroom peace corner.

Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Visualize a person who supports me and cheers me on.

Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.

Think of or write a list of 3 positive things my life.

Give myself an arm and hand massage.

Talk with my school counselor.

Ask if I can do my work standing up.

Ask permission to quietly jog in place for a minute or do 20 jumping jacks.

Do an act of kindness.

Rub or tap my temples.

Smile or laugh, even if I have to fake it.

Devises a secret code word or signal with my teacher that means time to get back on track.

Go outside during recess and notice the sky, trees & sounds from nature.

Help a classmate or my teacher.

Cross my arms in front of me and do the arm pretzel.

Give myself or a stuffed animal a great big hug.

Eat a healthy snack or tell my teacher I am hungry.

Use a break card to let my teacher know I need a break and then use a timer to remind me when to return.