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

- Visualise a person who supports me & cheers me on.
- BREATHE: As I focus my attention on my breathing, I will take extra long out-breaths.
- Squeeze a stress ball or use another teacher approved fidget gadget.
- Roll my neck and shoulders.
- Count to 10, and back, in coordination with my breath.
- Squeeze my fists together as hard as I can... hold... then relax my hands.
- Think of or write a list of three positive things in my life.
- Use I-statements to express how I am feeling, what I need, or what I hope for.
- Ask my teacher for help if I feel upset or overwhelmed.
- Invent a secret hand signal with my teacher that communicates I need help.
- Ask my teacher to break down the task into smaller chunks so it's not so overwhelming.
- Devise a secret code word or signal with my teacher that means time to get back on track.
- Push against the wall as hard as I can & then relax my body.
- Tell my teacher I would like to help or take on a classroom responsibility.
- Push my palms together.
- Ask to work with a friend.
- Write down my thoughts or questions if my teacher can't address them right away.
- Ask to work with a friend.
- Use an approved break card to let my teacher know I need a break & then use a timer to remind me when to return.
- Go outside during break time and notice the sky, trees & sounds from nature.
- Tell my teacher I need help with the task or lesson.
- Ask my teacher to break down the task into smaller chunks so it's not so overwhelming.
- Talk with my school counsellor/pastoral support.
- Cross my arms in front of me & do the arm pretzel.
- Ask if I can do my work standing up.
- Help a classmate or my teacher.
- Ask permission to quietly jog in place for a minute or do 20 jumping jacks.
- Do an act of kindness.
- Think of at least three things I am grateful for.
- Drink water.
- Ask permission to take a short walk down the hallway or up & down the stairs. And then return.
- 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.
- Remind myself it's ok to make a mistake.
- Tell myself a positive affirmation or mantra. Repeat.
- Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.
- Focus in on my senses, noticing: Five things I see. Four things I feel. Three things I hear. Two things I smell & One thing I taste.
- Journal or write a letter. Take a 3-5 minute break in a designated classroom ‘peace corner’.
- Ask if I can do my work standing up.
- Eat a healthy snack or tell my teacher I am hungry.
- Stretch.
- Take a 3-5 minute break in a designated classroom ‘peace corner’.
- Rub or tap my temples.
- Invent a secret hand signal with my teacher that communicates I need help.
- Give myself or a stuffed animal a hug.
- Ask my teacher to break down the task into smaller chunks so it’s not so overwhelming.
- Give myself an arm & hand massage.
- Rest my head on the desk for a moment of two.
- Devise a secret code word or signal with my teacher that means time to get back on track.