



# Helpful Strategies (on my own)

Try as many of these strategies as you can.  
Then circle the ones YOU find the most helpful.

If you are in a lesson, you may need to ask an adult for permission before using some of these strategies.



**BREATHE**  
As I focus my attention on my breathing, I will take extra long out-breaths.



1 2 3 4 5  
6 7 8 9 10

**Count to 10, and back, in coordination with my breath.**

**Squeeze a stress ball or use another teacher approved fidget gaget.**




**Doodle, draw or colour.**



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



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




**Rest my head on the desk for a moment of two.**





**Imagine a peaceful & calming place.**




**Roll my neck and shoulders.**



**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.



**Ask to work with a friend.**



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


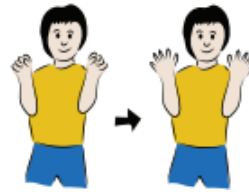


**Take a 3-5 minute break in a designated classroom 'peace corner'.**

**Think of or write a list of three positive things in my life.**




**Push my palms together.**

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



**Drink water.**




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

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

**Tell my teacher I need help with the task or lesson.**

**Rub or tap my temples.**



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



**Think of at least three things I am grateful for.**




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

