Self-regulation coping strategies
Students can use at school

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

Kids Inspire
Reclaiming Lives, Rebuilding Futures

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 gaget.

Roll my neck and shoulders.

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

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

Ask to deliver books to the library or another class.

Imagine a peaceful & calming place.

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.

Listen to calming music with headphones.

Push my palms together.

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

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

Doodle, draw or colour.

Think of at least three things I am grateful for.

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

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.

Ask to work with a friend.

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.

Volunteer to help clean or organise the classroom.

Drink water.

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

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

Tell myself a positive affirmation or mantra. Repeat.

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

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.

Talk with my school counsellor/ pastoral support.

Help a classmate or my teacher.

Remind myself it's ok to make a mistake.

Do an act of kindness.

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

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

Ask if I can do my work standing up.

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

Stretch.

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

Journal or write a letter.

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

Rub or tap my temples.

Ask my teacher to break down the task into smaller chunks so it's not so overwhelming.

Give myself or a stuffed animal a hug.

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

Visualise a person who supports me & cheers me on.

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.

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

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