

# Self-Regulation Coping Strategies

## STUDENTS CAN USE AT SCHOOL

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

**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.

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.

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

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.

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

Stretch.

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

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.

Drink water.

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

Give myself an arm and hand massage.

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

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

Tell myself a positive affirmation or mantra.

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

Talk with my school counselor.

Help a classmate or my teacher.

Listen to calming music with headphones.

Remind myself it's ok to make a mistake.

Visualize a person who supports me and cheers me on.

Ask if I can do my work standing up.

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

Read in a quiet spot.

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.

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

Give myself or a stuffed animal a great big hug.

Journal or write a letter.

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.

Do an act of kindness.

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

Push my palms together.

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

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

Rub or tap my temples.

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