



## READ A GOOD BOOK

I can read a good book to reduce my stress and help me feel calm and relaxed



## TAKE A BREAK

When I am having big feelings, I can take a break to help me feel calm

# 10

## COUNTING TO 10

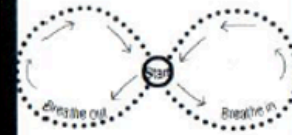
I can help myself feel calm by counting to 10 (or higher if needed)



## ASK FOR HELP

I can ask for help from:

- Teacher
- Parent
- Sibling
- Friend
- Grandparent
- Aunt/Uncle



## LAZY 8 BREATHING

Take slow deep breaths in and out as you trace the Lazy 8



## BIRTHDAY CANDLE BREATHING

Take a big deep breath and when you let it out, imagine blowing out candles on a birthday cake



## Do A PUZZLE

I can do a puzzle to help me reduce stress and feel relaxed



## BLOW BUBBLES

I can blow bubbles when I have big feelings to help me feel calm and release tension



## DANCE TO MUSIC

I can turn on some music and dance to help me feel good mentally and physically



## VISUALIZE a Beautiful PLACE

Close your eyes and imagine you are at a beautiful place:

- How does it smell?
- What do you see and hear?
- How do you feel?



## LISTEN TO MUSIC

I can listen to music to help me feel good.

Listening to music:

- Releases endorphines that make us feel good
- Lowers the "stress hormone"



## PRACTICE GRATITUDE

What are you thankful for today?

- Family
- Friends
- Teacher
- Nature
- Food
- Pet



## 5 FINGER BREATHING

- Breathe in as you trace up your finger
- Hold your breath at the top
- Breathe out as you trace down your finger
- Repeat with all 5 of your fingers



## 5-4-3-2-1 GROUNDING GAME

- Find 5 things you can see
- Find 4 things you can touch
- Find 3 things you can hear
- Find 2 things you can smell
- Find 1 thing you can taste



## HOT CHOCOLATE BREATHS

- Pretend you are holding a cup of hot chocolate
- Breathe in the yummy smell of chocolate
- Breathe out to cool the hot chocolate



## GIVE YOURSELF A COMPLIMENT

- I am a kind friend
- I am brave
- I am strong
- I am creative
- I am a hard worker



## GO FOR A WALK

I can go for a walk when I am feeling overwhelmed, stressed, or have any other big feelings



## GET A DRINK OF WATER

I can get a drink of water to give myself a break and help my body feel calm



## SQUEEZE A Stress Ball

Squeezing a stress ball can help:

- Reduce stress
- Promote relaxation
- Distract us from negative thoughts



## USE A CALMING JAR

I can watch all the glitter fall down the calming jar to help me calm down big feelings



## SQUEEZE AND RELAX Muscles

I can squeeze and tighten and then relax different muscles in my body to help relieve stress and tension



## PUSH AGAINST A WALL

I can push against a wall to help move energy out of my body and feel more calm



## DO 10 JUMPING JACKS

Exercise can help distract us from negative thoughts. Try 10 jumping jacks and notice how you feel



## DOODLE ON PAPER

I can doodle on paper when I need a break or have big feelings



## COLOR OR DRAW

I can draw or color to relax and calm my mind and body



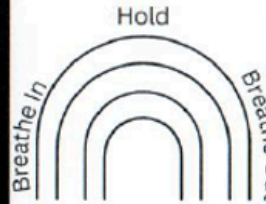
## GET A HUG

I can get a hug from someone when I need extra support and comfort



## EXPRESS YOUR FEELINGS

I can write, draw, or talk to someone about how I am feeling



## RAINBOW BREATHS

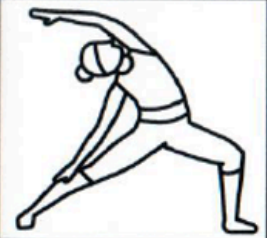
- Breathe in as you trace up the rainbow
- Hold your breath at the top
- Breathe out as you trace down the rainbow
- Repeat



## WRITE IN A JOURNAL

Journal Ideas:

- What are your biggest strengths?
- What is something that makes you happy?
- What is something you do that makes you feel relaxed?



## STRETCH BREAK

- Stand up and stretch your arm up to the sky and to the opposite side of your body
- Repeat with your other arm
- Notice how you feel