25-26 SBAC Homework

Name _____

Directions: Write in each day the coping skill that you chose to use to help prepare your brain and body for your SBAC test. Look on the back for ideas of coping skills that you can use.

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Total days you used a coping skill = _____

Calming Skills	Listen to music Take a shower Take a nap Take deep breaths Go to a quiet space Yoga Spend time in nature Meditation	Write in a journal Organize your room Look at old pictures Read Go outside for fresh air Take a cold drink of water Stretch Drink some tea	Use a fidget Play with slime Watch a favorite show Garden Play with kinetic sand Essential oils Think of a happy memory
Active Skills	Go for a walk Ride a bike Swim Dance Play basketball Roller skate Play a card game	Go to the park Hike Play a video game Play football Skateboard Exercise Play fetch with your dog	Go for a run Rock Climb Play Handball Play Soccer Go to the gym Jump on a trampoline Pickleball/Tennis
Creative Skills	Mandala coloring Draw Paint Decorate your room Make a vision board Make a collage	Make origami Bake Cook a favorite meal Play an instrument Sing Make crafts Paint your nails/do makeup	Make friendship bracelets Photography Puzzles Knitting/Crochet Write a story Poetry Make a music playlist
Supportive Skills	Call a friend Hug your pet Talk to a trusted adult Ask for help Text a friend Spend time with someone positive	Do a kind act for someone Talk to a parent Study with a friend Ask someone to go on a walk with you Write a list of things you're grateful for	Listen to a song that makes you happy Watch a funny video Make a list of people you can reach out to Talk to your school counselor