

Strategy 1

*drink water*



Strategy 2

*shoulder rub*



Strategy 3

*keep your eyes  
on the teacher*



Strategy 4

*take 3 deep  
breaths*



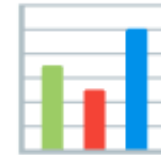
Strategy 5

*take a break*



Strategy 6

*Ask, how big is my problem?*



Strategy 7

*tense and release*



Strategy 8

*take a walk*



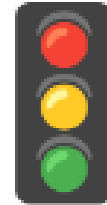
Strategy 9

*walk away*



Strategy 10

*STOP!*



Strategy 11

*deep pressure*



Strategy 12

*talk to an adult*



Strategy 13

*infinity breath*



Strategy 14

*five finger breath*



Strategy 15

*relax your muscles*



Strategy 16

*stretch*

