

# Self-Regulation Coping Strategies

## STUDENTS CAN USE AT SCHOOL

**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.**

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

**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.**

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

**Ask my teacher for help if I feel upset or overwhelmed.**

**Doodle, draw, or color.**

**Count to 10 and back in coordination with my breath.**

**Squeeze my fists together as hard as I can...hold...then relax my hands.**

**Ask to work with a buddy.**

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

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

**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.**

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

**Listen to calming music with headphones.**

**Remind myself it's ok to make a mistake.**

**Read in a quiet spot.**

**Journal or write a letter.**

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

**Push my palms together.**

**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.**

**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.**

**Do an act of kindness.**

**Rub or tap my temples.**

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

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

**Stretch.**

**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.**

**Help a classmate or my teacher.**

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

**Give myself or a stuffed animal a great big hug.**

**Ask if I can do my work standing up.**

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

**Ask my school counselor.**

**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.**

**Visualize a person who supports me and cheers me on.**

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

**Talk with my school counselor.**

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

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