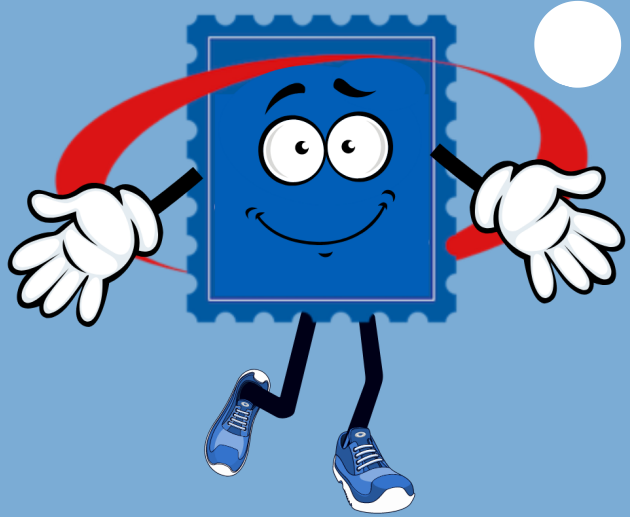


# SELF-REGULATION COPING STRATEGIES TO USE AT SCHOOL

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



SQUEEZE A STRESS  
BALL



BREATHE



READ IN A QUIET  
SPOT



ROLL MY  
NECK  
AND  
SHOULDERS



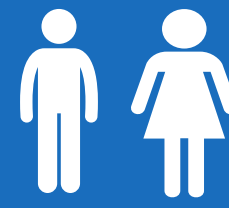
PUSH MY PALMS  
TOGETHER



REMIND MYSELF  
THAT ITS OK TO  
MAKE A MISTAKE



VISUALISE SOMEONE  
WHO SUPPORTS ME  
AND  
CHEERS ME  
ON



WRITE DOWN  
3 POSITIVE  
THINGS IN  
MY LIFE

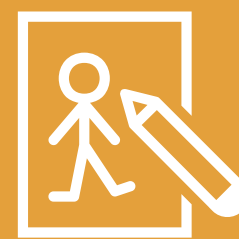
REST MY  
HEAD ON  
THE DESK FOR A  
MOMENT OR TWO



DRINK  
WATER



DOODLE OR DRAW



ASK FOR HELP



JOURNAL OR WRITE  
A LETTER



TELL  
MYSELF  
A POSITIVE  
AFFIRMATION



SMILE OR LAUGH  
- EVEN IF I HAVE  
TO FAKE IT



EAT A HEALTHY  
SNACK



DO AN ACT  
OF  
KINDNESS



WRITE DOWN MY  
THOUGHTS



ASK TO WORK WITH  
A FRIEND



TALK WITH  
MY  
SCHOOL  
COUNSELLOR

