

ASK FOR HELP

BREATHE DEEPLY
AND SLOWLY

COUNT BACKWARDS
OR FORWARDS

DRINK SOME COLD
WATER

EXERCISE - RUN, SKIP,
JUMP OR KICK A BALL

FIND A SAFE / CALM
SPACE

GO TO YOUR HAPPY
PLACE

HUG A FRIEND
FAMILY MEMBER OR
SOFT TOY

IGNORE PEOPLE THAT
ANNOY YOU

JOKES TO HELP YOU
LAUGH

KIND HANDS - KEEP THEM
TO YOURSELF

LISTEN TO CALMING
MUSIC

MEDITATE

NAME YOUR EMOTION

OBSERVE AND USE
MINDFULNESS

PAINT YOUR
FEELINGS

QUESTION YOUR
THOUGHTS

RUN AS FAST AS
YOU CAN

SEPERATE YOURSELF FROM
THE SITUATION

THOUGHTS-NEGATIVE
TO POSITIVE

USE YOUR IMAGINATION
VISUALIZE

VOICE YOUR
CONCERNS

WRITE YOUR FEELINGS
DOWN

EXHALE - BREATHE OUT
YOUR FEELINGS



[HTTPS://TEACHINGTHINKINGMINDS.COM/](https://teachingthinkingminds.com/)

YELL AS LOUD AS YOU
CAN INTO A PILLOW

ZONE OUT
AND RELAX



[HTTPS://CHARITYBOMB.ORG/](https://charitybomb.org/)