

Classroom Friendly Coping Skills

- *Deep breathing
- *Relaxing music
- *Stress ball
- *Doodling (without distracting your focus)
- *Visualizing success
- *Focus attention on one thing in the room for a few minutes (sound, picture, etc.)
- *Stretching
- *Meditation
- *Picturing a peaceful happy place
- *Positive self-talk ("I can do this. I studied, and I know this!")
- *Look at a picture of something relaxing/something you enjoy (pet, favorite place, etc.)
- *Chewing gum
- *Use scented lotion (that has a scent you enjoy)
- *Slow down your thoughts
- *Problem solve the situation
- *Write down the steps you need to do to complete what you are working on
- *Repeat a self-affirming statement to yourself
- *Writing (poem, letter, what's bothering you)
- *Look outside
- *Sigh
- *Go for a quick walk
- *Fidgeting
- *Keep something with you that you like the feel of (river stone, piece of fleece, sand paper)