



TOP 50 COPING SKILLS FOR THE CLASSROOM

- #1 **BREATHE.** As you zoom your attention to your breathing, try to take extra-long out-breaths.
- #2 Ask to deliver books to the library or to another class.
- #3 Squeeze a stress ball or use a teacher-approved fidget.
- #4 Practice the "Five Finger Breathing"***
- #5 **DOODLE, DRAW A PICTURE OR COLOR.**
- #6 **ASK YOUR TEACHER FOR HELP WHEN YOU FEEL UPSET.**
- #7 Invent a secret hand signal with your teacher that communicates you need help.
- #8 Move away from the distraction or person who is bothering you.
- #9 Write down your thoughts or questions if your teacher cannot address them right away.
- #10 Ask to get a drink of water.
- #11 **Imagine a peaceful and calming place.**
- #12 Volunteer to help clean or organize the classroom.
- #13 Ask permission to take a short walk down the hallway or up & down the stairs & then return.
- #14 **REMINDE YOURSELF THAT IT'S OK TO MAKE A MISTAKE.**
- #15 **STRETCH.**
- #16 Take a 3-5 minute rest-and-return break in the designated classroom calming area.
- #17 Think of or write a list of 3 positive things or good things in your life.
- #18 Chew gum (if it's allowed in your classroom).
- #19 Practice the "Dandelion Breath".***
- #20 Visualize a person who supports you and cheers you on the most.
- #21 **READ IN A QUIET SPOT.**
- #22 Listen to calming music with headphones (if your teacher allows it).
- #23 Say a positive affirmation (or 2).
- #24 **WRITE A LETTER.**
- #25 Use a "break card" to let your teacher know you need a break and use a timer to remind you when to return and join back in with the class.



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#26 TRY TO "PUSH THE WALL".***

#27 Use the "FOLLOW THE PATH" TOOL.***

#28 Use a visual schedule.

#29 Use "I-statements" to express how you are feeling, what you need or what you hope for.

#30 Ask to work with a buddy.

#31 THINK ABOUT 3 THINGS YOU ARE GRATEFUL FOR.

#32 Tell your teacher you would like to help or take on a classroom responsibility.

#33 Remind yourself that all problems have solutions.

#34 Pretend you are squeezing a lemon in your fist, squeezing as hard as you can to get all the lemon juice out. After a few moments, relax your hand.

#35 Devise a secret code word or signal with your teacher that means "time to get back on track."

#36 Tell your teacher you need help understanding the material or assignment.

#37 PRACTICE "5-4-3-2-1 GROUNDING".***

#38 When you go outside, notice the sky, trees & sounds coming from nature.

#39 Talk with your school counselor.

#40 Help someone out.

#41 Suggest to your teacher it would help if you could do your work standing up.

#42 COMPLETE A SELF-REFLECTION SHEET.

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

#44 Do an act of kindness.

#45 Practice "Wave-Breathing".***

#46 Eat a healthy snack or let your teacher know you are hungry.

#47 Rub or tap your temples.

#48 Roll your neck and shoulders.

#49 Give yourself a "Butterfly Hug".***

#50 Ask your teacher to break down the assignment into more manageable chunks so it's not so overwhelming.