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)*