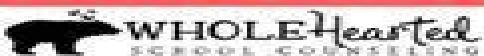


When I feel upset, sad, or unfocused at school I can:

SELF-REGULATION PRINTABLES FOR KIDS



Count to 10 and back in coordination with my breath.



Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

Roll my neck and shoulders.



Tell my teacher I would like to help or take on a classroom responsibility.

Rest my head on the desk for a moment or two.



Tell my teacher I need help with the assignment or lesson.



Push my palms together.



Give myself or a stuffed animal a great big hug.



Help a classmate or my teacher.



Cross my arms in front of me and do the arm pretzel.



Ask if I can do my work standing up.



Pretend I am squeezing a lemon in my fist, squeezing as hard as I can to get the lemon juice out. After a few moments, I can relax my hands.

Add my own idea here: **STRETCH**

Think about 3 things am grateful for.



Use 'I-statements' to express how I am feeling, what I need, or what I hope for.

Ask to work with a buddy.



Give myself an arm and hand massage.



Devise a secret code word or signal with my teacher that means time to get back on track.

Smile or laugh, even if I have to fake it.



Do an act of kindness.



Eat a healthy snack or let my teacher know I am hungry.



Rub or tap my temples.



Talk with my school counselor.



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



Go outside during recess and notice the sky, trees & sounds from nature.

Add my own idea here:

50 Distraction Techniques For People With Depression

Barbara Wells

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Table of Contents 50 Distraction Techniques For People With Depression

1. Understanding the eBook 50 Distraction Techniques For People With Depression
 - The Rise of Digital Reading 50 Distraction Techniques For People With Depression
 - Advantages of eBooks Over Traditional Books
2. Identifying 50 Distraction Techniques For People With Depression
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 50 Distraction Techniques For People With Depression
 - User-Friendly Interface
4. Exploring eBook Recommendations from 50 Distraction Techniques For People With Depression
 - Personalized Recommendations
 - 50 Distraction Techniques For People With Depression User Reviews and Ratings
 - 50 Distraction Techniques For People With Depression and Bestseller Lists
5. Accessing 50 Distraction Techniques For People With Depression Free and Paid eBooks
 - 50 Distraction Techniques For People With Depression Public Domain eBooks

- 50 Distraction Techniques For People With Depression eBook Subscription Services
- 50 Distraction Techniques For People With Depression Budget-Friendly Options

6. Navigating 50 Distraction Techniques For People With Depression eBook Formats

- ePub, PDF, MOBI, and More
- 50 Distraction Techniques For People With Depression Compatibility with Devices
- 50 Distraction Techniques For People With Depression Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of 50 Distraction Techniques For People With Depression
- Highlighting and Note-Taking 50 Distraction Techniques For People With Depression
- Interactive Elements 50 Distraction Techniques For People With Depression

8. Staying Engaged with 50 Distraction Techniques For People With Depression

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers 50 Distraction Techniques For People With Depression

9. Balancing eBooks and Physical Books 50 Distraction Techniques For People With Depression

- Benefits of a Digital Library
- Creating a Diverse Reading Collection 50 Distraction Techniques For People With Depression

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine 50 Distraction Techniques For People With Depression

- Setting Reading Goals 50 Distraction Techniques For People With Depression
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of 50 Distraction Techniques For People With Depression

- Fact-Checking eBook Content of 50 Distraction Techniques For People With Depression
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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