

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

**Anneli Sundqvist, Gerd Berget, Jan
Nolin, Kjell Ivar Skjerdingga**

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