

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

**Kai Wang,Jiaojian Wang,Yanghua
Tian,Bochao Cheng,Hongming Li**

50 Distraction Techniques For People With Depression:

Embracing the Melody of Phrase: An Emotional Symphony within **50 Distraction Techniques For People With Depression**

In a global eaten by screens and the ceaseless chatter of immediate communication, the melodic elegance and emotional symphony developed by the published word often disappear in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. However, located within the pages of **50 Distraction Techniques For People With Depression** a charming fictional treasure full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of the moving examination, we will examine the book is main harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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