



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

REMIND 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.