



sick      bored




sad      tired

excited      upset



worried      frustrated

happy      OK



relaxed      focused

hitting      yelling



angry      mad

10 jumping jacks OR 5 table pushes

Go for a walk! 


Get a drink 




Keep going

Help others

Take a break


Lazy 8 breathing 

Count to 10

Let others help me 

10 jumping jacks

10 wall push ups

Go for a walk 

Belly breaths