

Stress Relief While at School

- **Deep Breathing**
(inhale good/gratitude; exhale negative)
- **Drink of cold water**
- **1 minute pause** (exit room for 1 minute)
- **60 seconds of fresh air deep breathing** (at Rec)
- **Scream into elbow** (in bathroom)
- **Journal three Gratitudes**
- **Journal Goals**
- **Draw/doodle**
- **Tell a friend “I’m having a tough day”**
- **Let yourself laugh, joke with a friend**
- **Visualize your "happy place"**
- **Chew gum or a crunchy snack**
- **Tense/Relax each muscle from top-down**
- **Observe surroundings with 5 senses** (grounding)
- **Ask to speak to a teacher or support person**
- **Ask teacher for study/background music**
- **Wall push-ups**
- **Hug/Squeeze your backpack, a fidget, or a friend**