

# SELF REGULATING STRATEGIES

Take some deep breaths



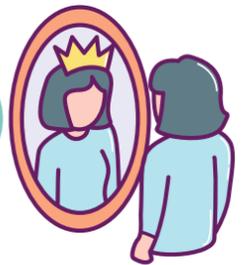
Drink some water

Sensory tools



Count to 10

Positive affirmations



Write down your thoughts

Move away from anyone distracting



Take movement breaks

Imagine a peaceful or calm place



Do an act of kindness

Make a list of things you are grateful for



Doodle, draw or color something

Ask to work with a buddy



Ask your teacher for some time out