

Interactive Coping Tools

Pick what would help you most now:



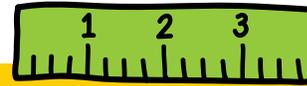
Calming Down:

- Breathe in for **4 seconds**, hold for **4 seconds**, out for **4 seconds**, hold for **4 seconds**, repeat as needed.
- Look around the room for something **red**, then find something **orange**, then something **yellow**. Try finding all the colors of the rainbow!
- Hold something in your hand and really think about what it is and how it feels.



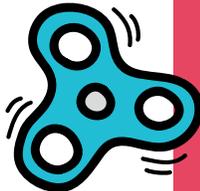
Getting Organized:

- Make a **schedule that you can see** and helps you know what to do throughout your day!
- Develop a **system with folders**. This can often help keep track of homework and what needs to be turned in.
- Find a **consistent place to DO your schoolwork**. Place all the materials (pencils, pens, ruler, paper, etc.) you need there.



Focusing:

- Mindfulness/grounding:** Find **5** things you can see, **4** things you can feel, **3** things you can hear, **2** things you can smell and **1** thing you can taste.
- Break your assignments and tasks into **small steps** if you are feeling overwhelmed.
- Limit distractions:** find places where your attention isn't drawn to noise or movement.
- Try squeezing a stress ball, putty or using a spinner to **keep your hands busy** while your mind focuses on the task you're working on.



Feeling Positive:

- Challenge negative thoughts.** Look for more helpful thoughts to replace them. For example, if you catch yourself thinking "This homework is just too hard" it could be replaced with "I'm going to do my best and take each problem one at a time".
- Keep a **journal of wins** and positive experiences.
- Make a **list of trusted adults who can help**.

