

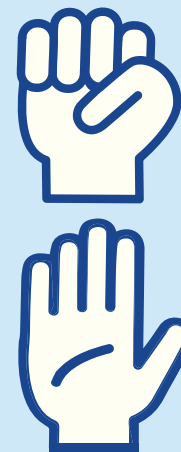
ABC



Say the alphabet slowly



Draw or color



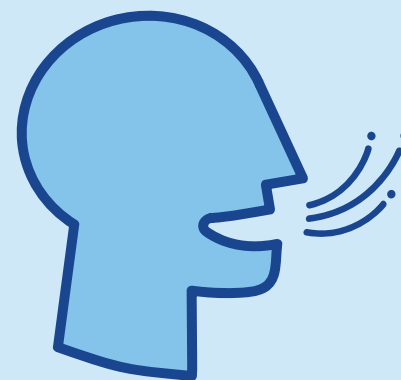
Make a fist & release it



Write about your feelings



Think of your favorite things



Take deep breaths

Student Coping Skills 

Make your own skill

Student Coping Skills 



Talk to an adult

Student Coping Skills 

-  **5** things you can see
-  **4** things you can feel
-  **3** things you can hear
-  **2** things you can smell
-  **1** things you can taste

**5-4-3-2-1**  
Listing Exercise

Student Coping Skills 



Read a book