

When I feel upset, sad, or unfocused at school I can:

SELF-REGULATION PRINTABLES FOR KIDS



☐ Count to 10 and back in coordination with my breath.



☐ Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



☐ Roll my neck and shoulders.



☒ Tell my teacher I would like to help or take on a classroom responsibility.



☐ Rest my head on the desk for a moment or two.



☐ Tell my teacher I need help with the assignment or lesson.



☐ Push my palms together.



☐ Give myself or a stuffed animal a great big hug.



☐ Help a classmate or my teacher.



☐ Cross my arms in front of me and do the arm pretzel.



☒ Ask if I can do my work standing up.



☐ Pretend I am squeezing a lemon in my fist, squeezing as hard as I can to get the lemon juice out. After a few moments, I can relax my hands.



Add my own idea here:

☒ **STRETCH**

☐ Think about 3 things am grateful for.



☐ Use 'I-statements' to express how I am feeling, what I need, or what I hope for.



☐ Ask to work with a buddy.



☐ Give myself an arm and hand massage.



☒ Devise a secret code word or signal with my teacher that means 'time to get back on track'.



☐ Smile or laugh, even if I have to fake it.



☐ Do an act of kindness.



☒ Eat a healthy snack or let my teacher know I am hungry.



☐ Rub or tap my temples.



☐ Talk with my school counselor.



☐ Ask permission to quietly jog in place for a minute or do 20 jumping jacks.



☐ Go outside during recess and notice the sky, trees & sounds from nature.



Add my own idea here:

☐

50 Distraction Techniques For People With Depression

Nancy L. Caroline



50 Distraction Techniques For People With Depression:

50 Distraction Techniques for People with Depression Robert Storm, 2014-11-24 WELCOME TO THE FIRST BOOK OF ITS KIND EVER ON DISTRACTION TECHNIQUES FOR PEOPLE WITH DEPRESSION What Are Distraction Techniques Distraction techniques are to be used when you re experiencing something physically or mentally that you no longer want to experience For example maybe you Think bad or unhealthy thoughts Have an addiction to something Have some type of physical pain Fear something or worry too much Suffer from anxiety or panic attacks Worry about the past present or future Are stressed or bullied on a regular basis Are depressed or have depression issues Regardless of what s causing you physical or mental issues at the moment you need to distract yourself This book will give you some much needed relaxation from your current thoughts This first of its kind book on distraction techniques for people with depression will fill your imagination with thoughts like you ve never had before So get ready to discover a mystery at a casino hear an argument in the park become a bird meet a 100 year old person discover your house is now missing be an over the road truck driver create a new religion travel anywhere for free design a car create a comic book find a door in the ground decide who should NOT be famous and much more in this book of distraction techniques Frankly even though this book is for people with depression it can very well be used by anyone who wishes to distract themselves from whatever is currently bothering them So go ahead and get a copy today because everyone NEEDS to be distracted at one time or another right Make the right choice and pick up a copy of the book right now so you can start distracting yourself from whatever s bothering you *The Road Ahead* Alex

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Sustainable Digital Communities Anneli Sundqvist, Gerd Berget, Jan Nolin, Kjell Ivar Skjerdingsstad, 2020-03-19 This volume constitutes the proceedings of the 15th International Conference on Sustainable Digital Communities iConference 2020 held in Boras Sweden in March 2020 The 27 full papers and the 48 short papers presented in this volume were carefully reviewed and selected from 178 submissions They cover topics such as sustainable communities social media information behavior information literacy user experience inclusion education public libraries archives and records future of work open data

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Compulsive and Spectrum Disorders Gail Steketee, 2012 A review of current literature on obsessive compulsive disorder OCD and its associated spectrum conditions including body dysmorphic disorder BDD hoarding trichotillomania tic disorders and Tourette s Syndrome **Nancy Caroline's Emergency Care in the Streets, Canadian Edition** American Academy of

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