

sick      bored



sad      tired

excited      upset



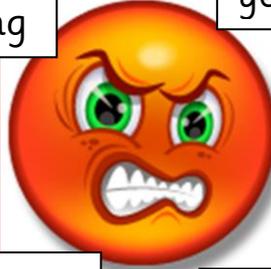
worried      frustrated

happy      OK



relaxed      focused

hitting      yelling



angry      mad

10 jumping jacks OR 5 table pushes

Go for a walk! 

Get a drink 



Keep going

Help others

Take a break

Lazy 8 breathing 

Count to 10

Let others help me 

10 jumping jacks

10 wall push ups

Go for a walk 

Belly breaths