

Go outside



Listen to music



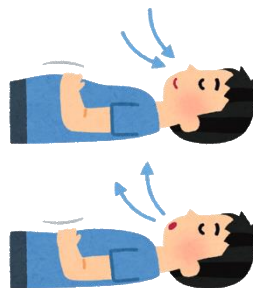
Do some exercise  
(walking, running,  
football, yoga  
etc.)



Count down  
slowly from 10



Take 5 deep  
breaths



Read a book



Have a drink of  
water




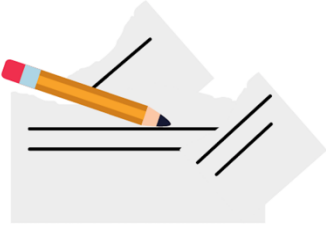




Talk to an adult



Spend time  
friends



<p>Take a break</p> 	<p>Write down how you feel</p> 	<p>Do an art activity (e.g. paint, colour, draw etc.)</p> 
<p>Write down unhelpful thoughts on a piece of paper and tear it up</p> 	<p>Use fidget toys</p> 	<p>Find a quiet space</p> 
<p>Meditation or mindfulness</p> 