

Asking an adult for help	Walking away	Using a fidget tool
Reading a book	Picturing a calm place	Counting to 10
Ignoring	Using my breathing technique	Squeezing my hands together
Stretching movements	Going to my calm down spot	Doing some yoga
Drawing or writing what’s not working	Playing a 1-person card game	Coloring a mandala

I need to be quiet, I need some “alone” time

Key ring #2

Scrapbooking	Journaling	Sketching or doodling
Playing a 1-person board game	Looking at a lava lamp	Lying down
Going for a walk in the hallway	Puzzling	Solving mazes

I need to get physical energy out

Key ring #3

Dancing	Running track	Doing Yoga poses
Doings lunges	Doing squats	Using a skipping rope
Doing push-ups	Doing jumping jacks	Doing sit-ups
Running in place for 30 seconds	Doing knee bends	Rolling a ball under your feet
Doing stretches	Running up and down stairs	Going to the gym, outside

Creative Arts: What helps me? What speaks to me Key ring #4

Listening to music	Singing some of my favorite songs	Playing an instrument
Writing lyrics	Writing a poem	Writing a story
Drawing	Painting on paper/canvas	Mural
Photography	Pottery	Origami
Creating a dance choreography	Role playing or Improv	Mask-Making

Ripping paper for recycling	Popping bubble wrap	Crumpling paper
Tearing cardboard	Squishing putty	Pulling a rubber band or tire tube
Throwing Velcro balls onto a target	Kicking a ball against a wall	Expressing verbally one's frustration
Boxing	Screaming in a pillow	Building and breaking
Hammering nails into a piece of wood	Doing heavy work (gardening, shoveling, moving furniture)	

Lego Creations for teens	Wood working project	Making a bracelet/jewelry
Knitting with loom	Corking	Sewing project
Bead project	Rug hooking	Quilt making
Building a wire sculpture	Science experiments	Robotics
Cooking/Baking		