

A large red thought bubble with a black outline and three smaller red circles at the bottom. Inside the bubble, there is text about coping strategies.

When I feel like this

I can:

- **Speak to a friend or adult**
- **Take deep breaths**
- **Ask for some time out**
- **Take a walk**

A large blue thought bubble with a black outline and three smaller blue circles at the bottom. Inside the bubble, there is text about coping strategies.

When I feel like this

I can:

- **Speak to a friend or adult**
- **Ask for a hug**
- **Go to a calm space**
- **Rest my mind and body**

A yellow thought bubble with a black outline and three smaller circles at the bottom. Inside, it contains text about coping strategies.

When I feel like this

I can:

- Go for a walk
- Speak to a friend or an adult
- Ask for a break
- Listen to some calming music
- Drink some water

A green thought bubble with a black outline and three smaller circles at the bottom. Inside, it contains text about coping strategies.

When I feel like this

I can:

- Learn new things
- Have fun
- Work hard
- Motivate others