

I **A**CKNOWLEDGE that I am not perfect, and that's okay.

I take 3 deep **B**REATHS before I react.

I **C**HANNEL my energy into something awesome.

I **D**ARE myself to change my way of thinking.

I **E**NGAGE in a different behavior.

I **F**LIP the script.

I practice **G**RATITUDE, even when I am upset.

I **H**ELP someone else.

I **I**DENTIFY why I am feeling this way.

The **ABCs** of Self-Regulation

(things kids can do to regulate themselves)

I tell a **J**OKE.

I practice **K**INDNESS.

I follow my fearful thoughts to a more **L**OGICAL end.

I try to **M**ASTER a new task.

I **N**OTICE someone or something smaller than me.

I **O**FFER to help another person.

I **P**ONDER the beauty that surrounds me.

I take a minute to be **Q**UIET.

I **R**ECOGNIZE when I need to take a break.

I **S**IT in a comfortable place.

I spend **T**IME with a family member, friend or trusted adult.

I **U**SE my feelings to propel me into positive action.

I **V**ISUALIZE myself in a peaceful place.

I take a **W**ALK.

I tell myself that I am **E**XCITED about new challenges.

I practice my favorite **Y**OGA pose.

I rest when I am **Z**ONKED.