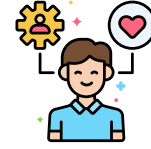




Coping Stations



MINDFULNESS

THE 4-7-8 BREATHING METHOD

[4-7-8 Breathing Video on GoZen](#)

The 4-7-8 breath. This breathing exercise involves breathing in for a count of 4, holding the breath for a count of 7, and exhaling for a count of 8. You can adjust the speed of each breath based on how fast you count. When a person does this for the first time, they should do it seated or lying down and only for a few breaths, as it can make some people feel a bit giddy or light-headed.

Source: *U.S. Department of Veterans Affairs.*



Coping Stations



PROGRESSIVE RELAXATION

YouTube Video

[Headspace Meditation](#)

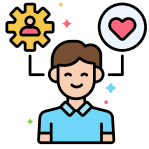
Apps

Calm

Smiling Mind

Relaxation

[Script for Younger Children](#)



Coping Stations



ORGANIZATION / TO-DO LISTS

- ORGANIZE YOUR FOLDERS/BACKPACK/DESK
- MAKE A LIST OF THINGS YOU HAVE TO DO, SHOULD DO, WANT TO DO



Coping Stations



TALK WITH A TEACHER/TRUSTED ADULT

ONE OF THE BEST WAYS TO COPE DURING STRESSFUL TIMES IS HAVING SOMEONE TO TALK TO. **WHO ARE YOU ABLE TO TALK TO WHEN YOU ARE FEELING STRESSED?**

THIS COULD BE SOMEONE FROM SCHOOL, IN YOUR FAMILY, OR IN YOUR COMMUNITY

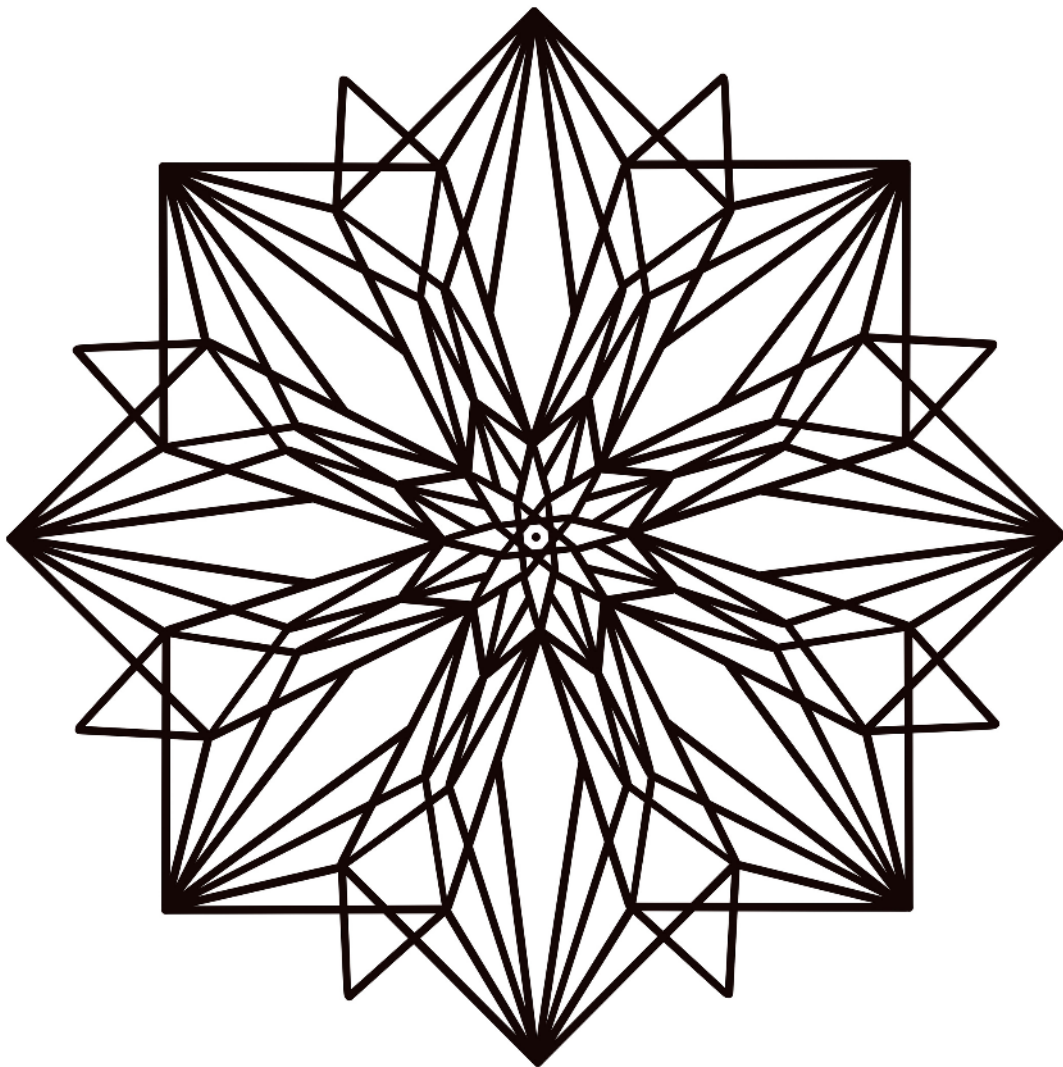


Coping Stations



COLORING

MANDALAS TO PRINT AND COLOR



Credit: Jennifer Schmid-Fareed, www.jenniferanandayoga.com



Coping Stations



JOURNALING

- *WRITE ABOUT YOUR DAY / YOUR LIFE.*
- *WRITE ABOUT YOUR FAVORITE THING / PERSON.*
- *WHAT IS YOUR FAVORITE MEMORY FROM LAST YEAR OR THIS YEAR?*
- *WHAT'S SOMETHING YOU NEVER WANT TO FORGET?*
- *WRITE ABOUT ANYTHING THAT YOU WANT...IN ANY STYLE THAT YOU WANT! JUST WRITE.*
- *HOW ARE YOU FEELING RIGHT NOW? WHY?*
- *WHAT DO YOU HOPE FOR?*
- *WHAT ARE YOU THANKFUL FOR?*
- *WHAT PROBLEM(S) WOULD YOU LIKE TO SOLVE? WHY?*
- *WHAT IS IMPORTANT TO YOU?*



Coping Stations



HEALTHY SNACK

IDENTIFY AND LIST HEALTHY SNACKS



Coping Stations



MOVEMENT

WALK AROUND THE CLASSROOM/SCHOOL
STRETCH
GONOODLE GAMES