

Effective Classroom Management Tools

Our 50 Self-Regulation Coping Tools Activity Kit teaches students classroom appropriate strategies to self-regulate, focus and get ready to learn & get along with others.

A wonderful tool for developing emotional awareness and self-regulation strategies.
-Natalie



What You'll Love about these self-regulation tools

- Helps to decrease classroom disruptions
- Empowers students to take ownership of their feelings and **SELF-REGULATE INDEPENDENTLY**
- DETAILED VISUAL SUPPORTS** make it accessible, relevant and easy for students to use
- CUSTOMIZABLE** with tons of options for **DIFFERENTIATION**
- Effective tools you can use in small groups, individual counseling, behavior interventions, and Classroom Calm Corners

Love this!! Students had so much fun making their wheels and practicing the different coping strategies. Highly recommend!
-Marly



Customize Feelings & Coping Tools to Meet Each Individual Student's Needs



I love using this interactive resource with my students. I feel that it gives them the power of being able to decide how to manage their emotions.
-Hayley

50 Task Cards with Detailed Visual Support



This resource is fantastic to use when teaching self-regulation in small group counseling. I have also used it during one-on-one counseling for a student with anxiety. I love using a hands-on activity that students can keep as a reminder.
-Emily

Poster with all 50 Coping Tools and Self-Reflection Checklist

Available in 2 different illustration styles

When I feel upset, sad, or unfocused at school I can:

- BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.
- Ask to deliver books to the library or another class.
- Squeeze a stress ball or use another teacher-approved fidget.
- Push against the wall as hard as I can, then relax my body.
- Doodle, draw, or color.
- Ask my teacher for help if I feel upset or overwhelmed.
- Invent a secret hand signal with my teacher that communicates I need help.
- Move away from the distraction or person who is bothering me.
- Write down my thoughts or questions if my teacher can't address them right away.
- Drink water.
- Stretch.
- Volunteer to help clean or organize the classroom.
- Ask permission to take a short walk down the hallway or up & down the stairs. And then return.
- Remind myself it's ok to make a mistake.
- Think of or write a list of 3 positive things in my life.
- Take a 3-5 minute break in the calm corner.
- Imagine a peaceful and calming place.
- Listen to calming music with headphones.
- Zoom in on my senses and notice 3 things I see, hear, and 3 things I feel.
- Rest my head on the desk for a moment or two.
- Place my hands over my ears and breathe slowly, listening to the sound that my breath makes.
- Count to 10 and back together with my breath.
- Roll my neck and shoulders.
- Use "I-statements" to express how I am feeling, what I need, or what I hope for.
- Ask to work with a buddy.
- Think of at least 3 things I am grateful for.
- Tell my teacher I would like to help or take on a classroom responsibility.
- Rest my head on the desk for a moment or two.
- Squeeze my fists together as hard as I can...then relax my hands.
- Devise a secret code word or signal with my teacher that means "time to get back on track."
- Tell my teacher I need help with the assignment or lesson.
- Give myself a hand, arm and ear massage.
- Go outside during recess and notice the sky, trees & sounds from nature.
- Talk with my school counselor.
- Ask if I can do my work standing up.
- Help a classmate or my teacher.
- Cross my arms in front of me and do the arm pretzel.
- Smile or laugh, even if I have to fake it.
- Do an act of kindness.
- Give myself or a stuffed animal a great big hug.

When I feel upset, sad, or unfocused at school I can:

Wholehearted School Counseling

- BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.
- Imagine a peaceful and calming place.
- Roll my neck and shoulders.
- Think of at least 3 things I am grateful for.
- Squeeze my fists together as hard as I can...then relax my hands.
- Use "I-statements" to express how I am feeling, what I need, or what I hope for.
- Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.
- Stretch.
- Devise a secret code word or signal with my teacher that means "time to get back on track."
- Go outside during recess and notice the sky, trees & sounds from nature.
- Tell my teacher I need help with the assignment or lesson.
- Journal or write a letter.
- Ask if I can do my work standing up.
- Do an act of kindness.
- Cross my arms in front of me and do the arm pretzel.
- Ask permission to quietly jog in place for a minute or do 20 jumping jacks.
- Smile or laugh, even if I have to fake it.
- Ask permission to take a short walk down the hallway or up & down the stairs. And then return.
- Rest my head on the desk for a moment or two.
- Listen to calming music with headphones.
- Zoom in on my senses and notice 3 things I see, 3 things I hear, and 3 things I feel.
- Rest my head on the desk for a moment or two.
- Place my hands over my ears and breathe slowly, listening to the sound that my breath makes.
- Count to 10 and back together with my breath.
- Use I-statements to express how I am feeling, what I need, or what I hope for.
- Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.
- Stretch.
- Devise a secret code word or signal with my teacher that means "time to get back on track."
- Tell my teacher I need help with the assignment or lesson.
- Give myself an arm and hand massage.
- Go outside during recess and notice the sky, trees & sounds from nature.
- Talk with my school counselor.
- Help a classmate or my teacher.
- Cross my arms in front of me and do the arm pretzel.
- Smile or laugh, even if I have to fake it.
- Do an act of kindness.
- Give myself or a stuffed animal a great big hug.

← "Newer Style"

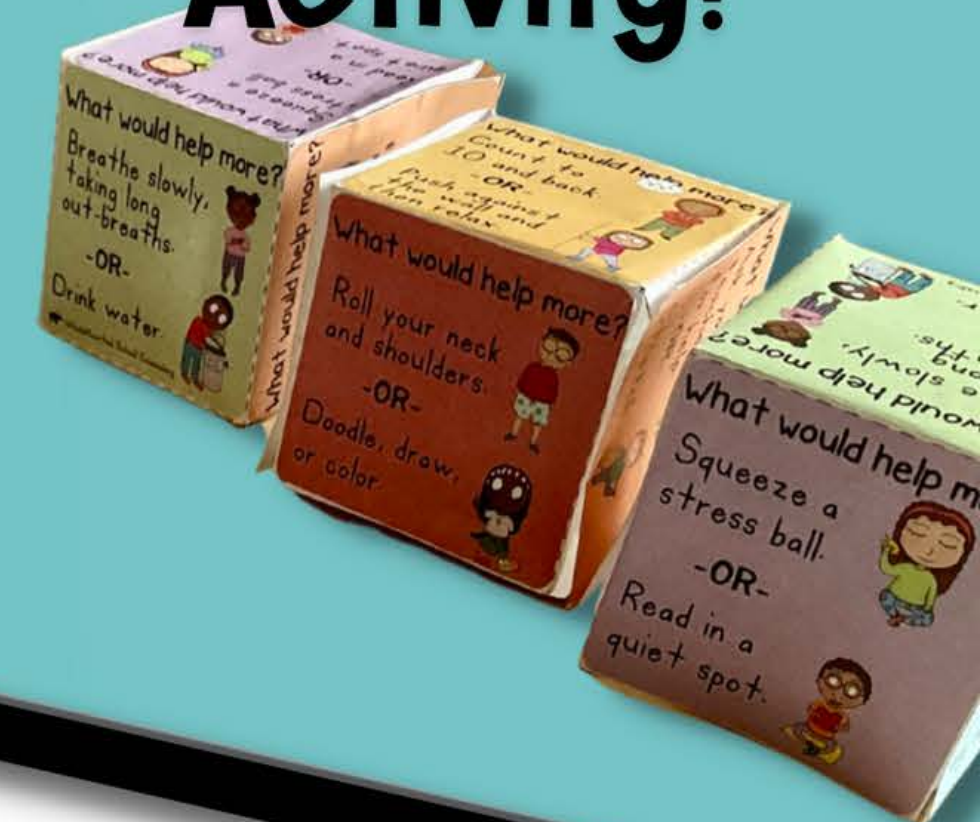
↓ "Older Style"

When I feel upset, sad, or unfocused at school I can:

- BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.
- Imagine a peaceful and calming place.
- Roll my neck and shoulders.
- Think of at least 3 things I am grateful for.
- Squeeze my fists together as hard as I can...then relax my hands.
- Use "I-statements" to express how I am feeling, what I need, or what I hope for.
- Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.
- Stretch.
- Devise a secret code word or signal with my teacher that means "time to get back on track."
- Tell my teacher I need help with the assignment or lesson.
- Give myself an arm and hand massage.
- Go outside during recess and notice the sky, trees & sounds from nature.
- Talk with my school counselor.
- Help a classmate or my teacher.
- Cross my arms in front of me and do the arm pretzel.
- Smile or laugh, even if I have to fake it.
- Do an act of kindness.
- Give myself or a stuffed animal a great big hug.

Digital Format Option, too!

Bonus: Fun Dice Activity!



When do you get distracted at school?

Type here

Move away from the distraction or person who is bothering me.

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

How can you let your school counselor know you'd like to talk?

Type here

Talk with my school counselor.

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

What are 3 things you are grateful for?

Type here

Think of at least 3 things I am grateful for.

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

What secret code word or signal can you use with your teacher?

Type here

Devise a secret code word or signal with my teacher that means "time to get back on track."

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

What could you clean or organize in your classroom or home?

Type here

Volunteer to help clean or organize the classroom.

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

Try breathing slowly and deeply. How do you feel?

Type here

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my hands make.

Is this helpful? Move the "X" to mark your answer

YES SOMETIMES NO

Right Now I Feel: Move a circle over the emotion(s) you are feeling right now.

aggressive, content, frustrated, hurt, peaceful, tired

annoyed, curious, disgusted, jealous, ready to learn, uncomfortable

bored, disappointed, happy, lonely, sad, unfocused

calm, embarrassed, helpless, mad, scared, upset

confused, friendly, silly, overwhelmed, surprised

Used in Over 13,000 Classrooms Around the World!

What a powerful tool to have in your teaching pocket! This has allowed me to help students self-advocate and to be aware of their behaviors and what tools they need in order to be successful!
-Crystal

