

# SELF-REGULATION TOOLKIT

USE THESE STRATEGIES TO GET BACK TO THE GREEN ZONE



GO FOR A WALK

LISTEN TO MUSIC

DRAW A PICTURE

ASK FOR A HUG

EAT A SNACK

THINK OF SOMETHING  
HAPPY

BREATHING  
STRATEGY

SQUEEZE PUTTY OR  
STRESS BALL

COUNT TO 10

POSITIVE SELF-TALK

GET A DRINK

TALK TO AN ADULT

GO FOR A WALK

YOGA STRETCHES

GO TO CALM PLACE

TALK TO AN ADULT

BREATHING  
STRATEGY

SQUEEZE PUTTY OR  
STRESS BALL