

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

I take 3 deep
BREATHS 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
GRATITUDE, even
when I am upset.

I **H**ELP
someone else.

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

The **A****B****C**s of Self-Regulation

(things kids can do to regulate themselves)

I tell a **J**OKE.

I practice
KINDNESS.

I follow my fearful
thoughts to a more
LOGICAL end.

I try to
MASTER 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
WALK.

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

I practice
my favorite
YOGA pose.

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