

Name: _____

Preferred Activities

Directions: With an adult, build a list of preferred activities. Select 3–5 activities that you enjoy doing at school that could help you calm down to be able to return to your class work. If you have other school-appropriate activities, add them below.

CALM-DOWN STRATEGIES

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|--|---|
| ☐ Deep Breathing | ☐ Visualize a Happy Time |
| ☐ Stretch Muscles | ☐ Ask for Help |
| ☐ Guided Meditation | ☐ Enjoy Music |
| ☐ Body Scan | ☐ Use a Calm-Down Object |
| ☐ Notice Using Senses | ☐ Close Your Eyes & Rest |
| ☐ Count Slowly | ☐ Take a Break |

FOCUS STRATEGIES

- | | |
|---|--|
| ☐ Ask What to Work On | ☐ Plan Your Time |
| ☐ Journal Your Thoughts | ☐ Prioritize Your Tasks |
| ☐ Name Your Emotions | ☐ Control What You Can |
| ☐ Notice Your Needs | ☐ List Your Options |
| ☐ Reframe Your Thoughts | ☐ Look to Your Future |
| ☐ Repeat Positive Affirmations | ☐ Set a Goal |

ENERGIZE STRATEGIES

- | | |
|---|--|
| ☐ Move Your Body | ☐ Smile or Say “Hello” |
| ☐ Dance to Music | ☐ Spend Time with Friends |
| ☐ Go on a Walk | ☐ Serve Others |
| ☐ Create Artwork | ☐ List Gratitudes |
| ☐ Build a Puzzle | ☐ Switch Activities |
| ☐ Read a Book | ☐ Clean Something |

OTHER