



Let's Think About It

Thinking about how we responded in a specific situation can help us process and make better decisions next time.

What happened?

How did you feel?



What could you try next time?



Walk Away



Take Big Breaths



Five Senses



Get a Drink



Count to 10



Use my Words



Journal



Ask for a break



Ask for Help



Say "I'm Okay"

Other

How do you feel now?



Huddle up