

<b>Asking an adult for help</b>	<b>Walking away</b>	<b>Using a fidget tool</b>
<b>Reading a book</b>	<b>Picturing a calm place</b>	<b>Counting to 10</b>
<b>Ignoring</b>	<b>Using my breathing technique</b>	<b>Squeezing my hands together</b>
<b>Stretching movements</b>	<b>Going to my calm down spot</b>	<b>Doing some yoga</b>
<b>Drawing or writing what’s not working</b>	<b>Playing a 1-person card game</b>	<b>Coloring a mandala</b>

**I need to be quiet, I need some “alone” time**

**Key ring #2**

<b>Scrapbooking</b>	<b>Journaling</b>	<b>Sketching</b>
<b>Playing a 1-person game</b>	<b>Looking at a lava lamp</b>	<b>Lying down</b>

**I need to get physical energy out**

**Key ring #3**

<b>Dancing</b>	<b>Running track</b>	<b>Kicking some balls</b>
<b>Punching a balloon</b>	<b>Using a skipping rope</b>	<b>Jumping on a trampoline</b>
<b>Doing push-ups</b>	<b>Doing jumping jacks</b>	<b>Doing sit-ups</b>
<b>Running in place for 30 seconds</b>	<b>Doing knee bends</b>	<b>Rolling a ball under your feet</b>
<b>Doings lunges</b>	<b>Doing squats</b>	

**Music: What helps me? What speaks to me**

**Key ring #4**

<b>Listening to music</b>	<b>Singing some of my favorite songs</b>	<b>Playing an instrument</b>

<b>Blowing bubbles</b>	<b>Popping bubble wrap</b>	<b>Crumpling paper</b>
<b>Ripping cardboard</b>	<b>Squishing putty</b>	<b>Pulling a rubber band or tire tube</b>

<b>Legos</b>	<b>K'Nex</b>	<b>Wood working project</b>
<b>Making a bracelet/jewelry</b>	<b>Painting</b>	<b>Murale</b>
<b>Knitting with loom</b>	<b>Corking</b>	<b>Bead project</b>
<b>Marble maze</b>		