

I can MANAGE my WORRIES. If I have worries at school, I will:

I can CONNECT with MY BODY. Some physical actions I can do at school:

I can take a few DEEP BREATHS and it's hard for me. My breathing strategy is:

Sometimes at school I feel \_\_\_\_\_ and it's hard for me. Draw the hard feeling:

Everyone feels this way sometimes. When the feeling comes, my COPING SKILLS can help me...

I can REMEMBER these WORDS:

(write your favourite positive affirmation or encouraging phrase)

I can TALK ABOUT MY feelings. At school I can always talk to:

Name: \_\_\_\_\_  
 Relationship: \_\_\_\_\_

You've got this! I'm cheering for you! - Rubi

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\_\_\_\_\_'S  
**COPING SKILLS**  
 - for -  
**SCHOOL**