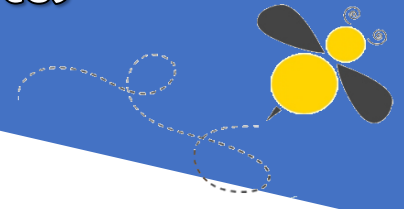


A-Z of Calming Strategies

Social and emotional resources



Terms for using this resource

Please do not copy or share this resource in any format, including the internet.

Please direct people to the website so they can download their own copy. Thank you for your co-operation on this.

Have a look at the Calm down pack on the website. Click the picture to take you there...



This is a resource for #elsafriday



[ELSA Website](http://www.elsa-support.co.uk)

[ELSA Facebook Page](#)

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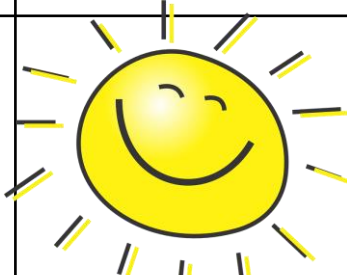
[ELSA Parent group](#)

Instagram: elsa_support


Facebook ELSA Secret Group:

Contact info@elsa-support.co.uk for your invitation

A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
i IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 ELSA support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

A TO Z OF COPING SKILLS

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
 www.elsa-support.co.uk	Y	Z	