**Table 7.2** Strategies

|  |  |
| --- | --- |
| Strategies | Score out of ten |
| Deliberate even breathing. |  |
| Count to ten. |  |
| Do something very active like go for a run, skate or dance. |  |
| Listen to music. |  |
| Talk to a friend. |  |
| Write or draw how you feel. |  |
| Put things in perspective – worse things happen. |  |
| Talk to a teacher or someone in the family. |  |
| Talk to yourself. |  |
| Read a book or watch a film. |  |



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