**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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