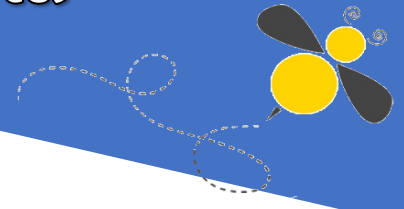


# A-Z of Calming Strategies

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](#)

[ELSA Twitter](#)

[ELSA Facebook TA Group](#)

[ELSA Pinterest](#)


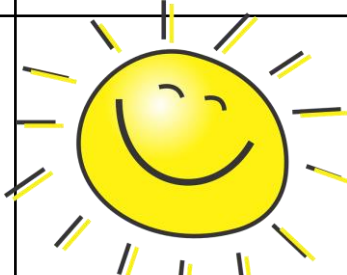
[ELSA Parent group](#)

**Instagram: elsa\_support**


**Facebook ELSA Secret Group:**

Contact [info@elsa-support.co.uk](mailto:info@elsa-support.co.uk) for your invitation

# A TO Z OF COPING SKILLS

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