



WOODBIDGE
SCHOOL

Finger tapping

Think of a
happy place

Little prayer

Mood diary

Cold shower

Read a book, watch tv,
play games, listen to
audiobooks
or podcasts

Writing
down what
you feel

Spend time
with a pet

Getting
outside in
nature

Removing
screen time

Drawing

Do hair

Deep breathing

Go for a walk -
look up!

Singing



Doing
therapy

TECHNIQUES TO

Cleaning

Getting
enough sleep

HELP WITH

Apps (e.g. Calm)

ANXIETY

Smashing/throwing
things (safely!)



Do something
practical

Listen to music

Body
scan

Laugh

Having a routine

Stress
ball

Self
distraction

Eating

Paint
nails

Visualisation

Bubble bath

Exercise

Talk to
someone you trust

healthily

Go to bed

Positive self-talk

Eating something
you really like