The selected activities are helpful strategies to reduce stress, anxiety, and anger. Activities can be reinforced daily to assist students in feeling emotionally well.

**Directing Change: A Walk In Our Shoes (Fact Sheet)**

<https://walkinourshoes.org/giving-and-getting-help/>

**Progressive Relaxation Technique**

A method that helps relieve that tension in your muscles

<https://www.therapistaid.com/therapy-video/progressive-muscle-relaxation>

**Mindfulness**

A mental state of staying focused in the moment.

<https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf>

<https://www.youtube.com/watch?v=-qKkFWiwIr4>

**Coloring**

Distraction technique to shift focus

<https://www.therapistaid.com/therapy-worksheet/mandalas/relaxation/none>

**Gratitude Journal**

Identifying the positive in life and appreciation in life

<https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>

**Gratitude Jar**

Create a special jar and ask students to write one grateful statement each day

<https://www.therapistaid.com/worksheets/gratitude-jar.pdf>

**Breathing techniques**

<https://www.youtube.com/watch?v=PmBYdfv5RSk>

<https://childhood101.com/fun-breathing-exercises-for-kids/>