



Weekly Coping Strategies

Use these strategies to help you manage
overwhelming feelings & emotions.

Brain Breaks!

When you move more, you learn more!
Shake things up between classes with some quick movement-based activities.

You could try...

- Hopping on one foot for 60 seconds, then switching to the other foot for another 60 seconds.
- Doing twenty jumping jacks!
- Moving your arms in circles 20 times, then reversing directions for another 20 sets.
- Walking on your tiptoes when you go to the bathroom or the kitchen.
- Practicing your jump shot!

More Brain Break Resources!

[Brain Break - Would You Rather?](#)

[Fitness Breaks in English and Spanish](#)

[Brain Breaks - Action Songs for Children](#)

[GoNoodle YouTube channel](#)

[Jammin' Minute Videos](#)

[Indoor Fitness Moves](#)



Physical Activity



Learn a TikTok dance on YouTube!

Try a yoga class, for [younger kids](#) or [older kids](#)!

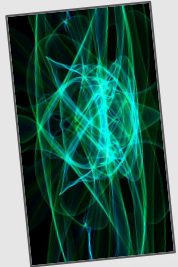
Do a [Mini Groove workout](#) (or two--they're pretty short!)

Or try a "[Get Moving](#)" video with GoNoodle!

Staying active is a natural and healthy way to relieve stress, improve your mood, increase self-confidence, and can lower symptoms of sadness and anxiety. Dance is a great way to get some physical activity into your day!



Click on the
images below



Drawing

Drawing can be a peaceful and calming activity that can help you take time to decompress and process big emotions. In fact, there is an entire therapy field dedicated to this process, called Art Therapy!

> [Auto draw](#)

> [Coloring book](#)

> [Mandala](#)

> [Emotions Color Wheel](#)