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| --- | --- | --- |
| keeps a diary | goes for a walk or a run | phones her aunt |
| tells his tutor what he is feeling | confides in her group of friends | punches or kicks a wall |
| distracts himself using music | writes herself a letter | reads a book to help forget the present |
| puts comments on twitter or instagram | bullies another student in the class | draws, sketches or paints |
| uses breathing exercises to help focus on the moment | speaks to a professional counsellor | arranges a game of basketball |
| asks for a timeout | counts to ten before responding | an idea of your own |

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