

# BACK TO ZERO BOOKMARKS

After reading the story, *Back to Zero*, provide students with an opportunity to reflect on personal coping strategies they can use when they are feeling overwhelmed, anxious, or angry at school. Allow students to write words, sketch pictures, or even create symbols. Give them options. Emphasize the personal connection so that students can take ownership over the process. Help strengthen the classroom community in this area by allowing students to discuss their strategies in pairs or groups. Lastly, ensure that students have their strategies handy as a classroom tool.

## BACK TO ZERO



When I feel like I  
am reaching a  
level 10 I can ...

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