

COPIING

(A BOOK OF STRATEGIES)

BY 7TH AND 8TH GRADERS FROM
SAN FRANCISCO, CALIFORNIA
COMPILED BY DANNY CLAY

YOU THERE. **YES—YOU!**

I SEE THAT YOU ARE NOT IN A PLEASANT MOOD. **(THAT'S RIGHT.)**
DOES IT EASE YOUR MIND THAT I CAN HELP? **(HM...)** MAYBE NOT. ANYWAY, IT'S OKAY. COME ALONG ...


GET COMFY... 





... GRAB A SNACK.

GET A GLASS OF WATER... 

**I HAVE SOME IDEAS
FOR YOU.**

THINK OF HAPPY TIMES. **LOOK AT ANIMAL PICTURES.** GET SOME EXERCISE. (PLAY SOCCER.)  FRESH AIR. **BREATHE.**

SMILE FOR FIVE MINUTES STRAIGHT. STARE AT SOMETHING FUNNY. **PUNCH SOME PILLOWS.** 

DO A PROJECT. (FOR FUN.) **LOOK AT A FISH.**  TAKE A SHOWER.

CHILL OUT ON THE COUCH. GET YOUR WALLET AND GO TO THE MALL. **BUY SHOES.**

EAT.

* ICE CREAM. CUPCAKES. SUPER DUPER. MACAROONS. FROZEN YOGURT. REGULAR YOGURT. FROSTING. COOKIE DOUGH. GUMMY WORMS. PASTA. CHIPS. SALSA. CEREAL. GRILLED CHEESE. TOMATO SOUP. CHEESE. CHICKEN. CHEESECAKE. CAKE. SPRINKLES. CHOCOLATE. STRAWBERRIES.

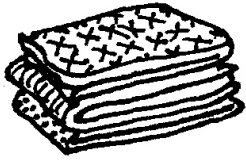
TALK TO FRIENDS. **TALK TO YOURSELF.**

FIND YOUR BASKETBALL AND HIT THE GYM. STAND IN FRONT OF THE HEATER (OR A.C.)

Decorate EVERYTHING

(STILL UPSET? IMPOSSIBLE, BUT OK...)

THINK ABOUT ALL THE GOOD THINGS YOU ARE GOING TO DO. **CLIP YOUR TOENAILS.** **BE LAZY.** BUILD A COUCH FORT.

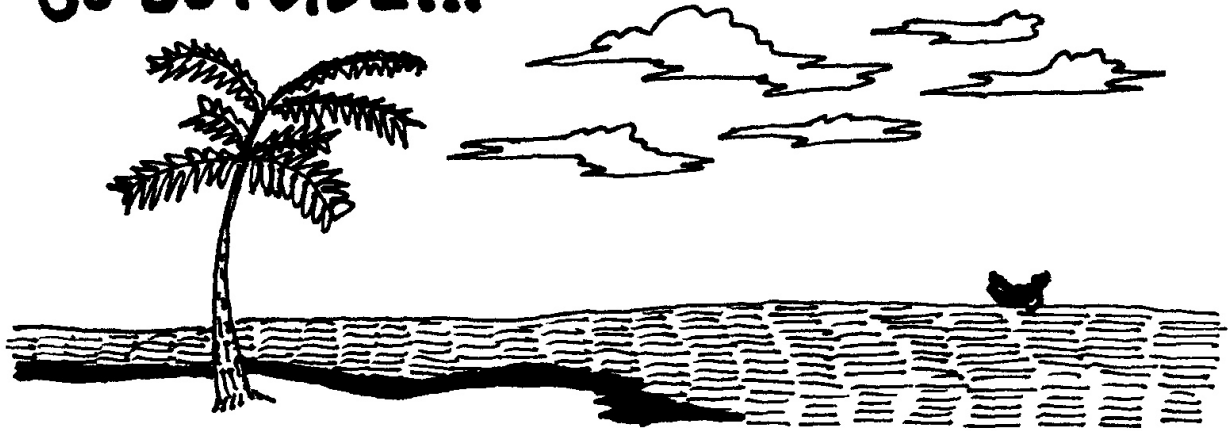


ASK FOR HELP.

WATCH SOME FUNNY VIDEOS.

(I MEAN, VIDEOS THAT ARE ACTUALLY FUNNY.)

GO OUTSIDE...



...OR IMAGINE A PLACE YOU REALLY LIKE.

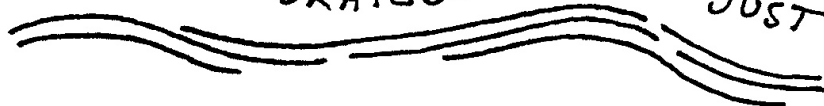
LEARN TO DO A BACKFLIP.

PLAY PAINTBALL. **LISTEN TO MUSIC.**

TICKLE YOURSELF WITH A FEATHER.

DO KUNG FU UNDER A BLANKET.

HOP ON A SKATEBOARD AND JUST



CRUISE.

CLAP AS HARD AS POSSIBLE.

SEARCH UP "WEIRD OPTICAL ILLUSIONS."

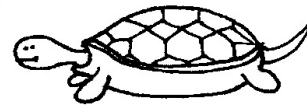
SCREAM IN A JAR.

DOWNLOAD A BUNCH OF VIRUSES ONTO
YOUR COMPUTER AND TRY DESTROYING THE
SYSTEM (OR GETTING RID OF THEM ALL.)



**IMAGINE YOU
HAVE A PET
TURTLE NAMED
ALFRED.**

GO TO YOUR GRANDMA'S HOUSE
AND STEAL SOME OF HER FOOD.



TRY TO LICK YOUR ELBOW.

LEAVE.

(GO SOMEWHERE ELSE.)

MESSAGE A FRIEND.

EAT A BAGEL.

DRINK A SPRITE.

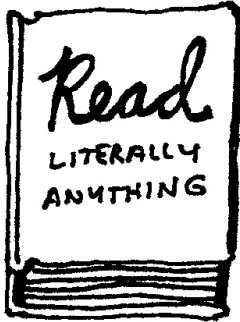
SLEEP

WATCH SOME TV WITH A CUP OF NOODLE.

(OR IF YOU WANT TO YOU CAN JUST FALL ASLEEP FOR LIKE 2 HOURS AND THEN WAKE UP AND WATCH A MOVIE LATER...)

DO A THING THAT YOU LOVE TO DO.

WATCH THE OFFICE • LOOK AT MEMES • DRINK COFFEE •



INTERACT WITH OTHERS

LOOK AT PICTURES OF FOOD. PASTELLY COLORS. PUPPIES. BUNNIES. BABY CHICKS. FRIENDS. LOOK AT SATISFYING KINETIC SAND VIDEOS.

PINEAPPLES. 

 **SMASH** A SUBMARINE SANDWICH

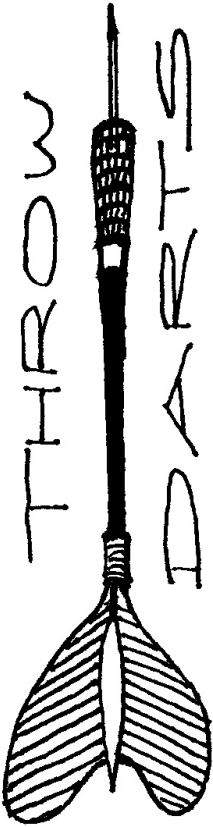
DANCE TO YOUR FAVORITE SONG.  WITH A HAMMER 

PUT ON YOUR FAVORITE PANTS. DO SOME ORIGAMI. A CREATIVE CRAFT.

HELP SOMEONE WITH SOMETHING THEY NEED.

PLAY WITH A DOG FOR FIVE MINUTES.

STOP ...TAKE A MENTAL BREAK.
(NOTHING THAT REQUIRES EXTENSIVE THOUGHT. MAYBE A MENIAL TASK OF SOME KIND.)
CARE FOR YOUR BODY.



DEAR FUTURE SELF.

YOU'RE SUPER ANGRY RIGHT NOW... **AND I GET IT.** BUT YOU SHOULDN'T JUST SIT AND GET ANGRIER AND ANGRIER... YOU SHOULD DO SOMETHING ABOUT IT! SO I, YOUR PAST SELF, AM GIVING YOU SOME THINGS TO DO WHEN YOU'RE REALLY MAD OR UPSET.

FIRST OF ALL, REMEMBER THIS: YOU ARE AN AWESOME PERSON!

WHATEVER HAPPENED THAT MADE YOU ANGRY, YOU CAN BOUNCE BACK FROM. **SECOND,**

YOU SHOULD THINK OR WRITE ABOUT WHAT MADE YOU UPSET. ARE PEOPLE BEING

LOUD AND OBNOXIOUS? DO YOU KEEP MESSING UP? WHATEVER IT IS, THINK ABOUT IT OR WRITE

IT DOWN. **NEXT, GO ON A WALK.** OR

AT LEAST OPEN A WINDOW. GET SOME FRESH

AIR, AND MEANWHILE, BE THINKING ABOUT

WHAT YOU CAN DO NOW. COULD YOU WRITE A NOTE TO WHOEVER MADE YOU UPSET? **COULD YOU GIVE YOURSELF A BREAK — SO YOU CAN RESET?** AFTER THAT, GO FIND A DOG. ANY DOG WILL DO, AS LONG AS IT IS CALM. PETTING OR HOLDING THEM WILL HELP YOU FEEL BETTER. **[F.P.]**

DEAR FUTURE ME, YOU MUST BE PRETTY MAD RIGHT NOW. BUT THAT'S OKAY — YOU DON'T HAVE TO BE. **PAST ME,** YOU THINK, **I DON'T WANT YOUR ADVICE RIGHT NOW. I'M SUPER DUPER MAD AND EVERYTHING I DO MAKES ME MORE MAD!** THAT'S OKAY, FUTURE ME. I BET YOU HAVEN'T SMILED AT A DOG OR DONE KUNG FU UNDER YOUR BLANKET YET. TRY IT AND SEE HOW YOU FEEL. ALSO, **EAT.** DON'T JUST EAT BUT

DRINK WATER AND TAKE A NAP. YOU PROBABLY
HAVEN'T DONE THAT IN A WHILE. **OK, PAST ME,**
YOU SAY, **THAT SORT OF HELPED.**

BUT I'M STILL UPSET. WELL, TRY TALKING

TO SOMEONE ABOUT IT — TALK TO YOURSELF, EVEN!

WRITE A LETTER TO ME, YOUR PAST SELF, ABOUT

IT — OR A FRIEND. CALL AN OLD FRIEND (OR A

YOUNG FRIEND) AND TALK TO THEM ABOUT IT. OR, IF

YOU'RE MAD ABOUT SOMETHING SOMEONE DID, TALK TO

THEM ABOUT IT. **JUST TALK!**

READ A BOOK AND GET LOST. READ A CHILDREN'S

BOOK. **A LOT OF THAT HELPED,** YOU THINK,

BUT I STILL DON'T WANT TO DO HOME-

WORK AND CHORES. OKAY, FUTURE ME — DO

SOMETHING YOU **WANT** TO DO. YOU DON'T

HAVE TO WORK RIGHT NOW. **THANKS, PAST**

ME — THIS HELPED! YOU'RE WELCOME.

DON'T FORGET TO HAVE FUN AND DON'T GET

TOO BORING. **[K.P.]**

[LISTEN.]

HERE ARE SOME
SOUNDS TO IMAGINE
IF YOU NEED:

THE SOUND OF **DOGS SNORING.**

THE SOUND OF **BEACH WAVES CRASHING.**

THE SOUND OF **A LIGHT, SWEET BREEZE.**

THE SOUND OF **WAVES.**

THE SOUND OF **RAIN.**

THE SOUND OF **A JUNGLE.**

THE SOUND OF **A PERSON LAUGHING (FOR 1 HOUR).**

THE SOUND OF **CRUMPLING PAPER.**

THE SOUND OF **GUITAR NOISES.**

THE SOUND OF **BIRDS.**

THE SOUND OF **TURTLES EATING WATERMELON.**
(I'M NOT KIDDING, LOOK IT UP, IT'S SO GOOD)

THE SOUND OF **WHITE NOISE.**

THE SOUND OF **LEGO YODA (ON REPEAT).**

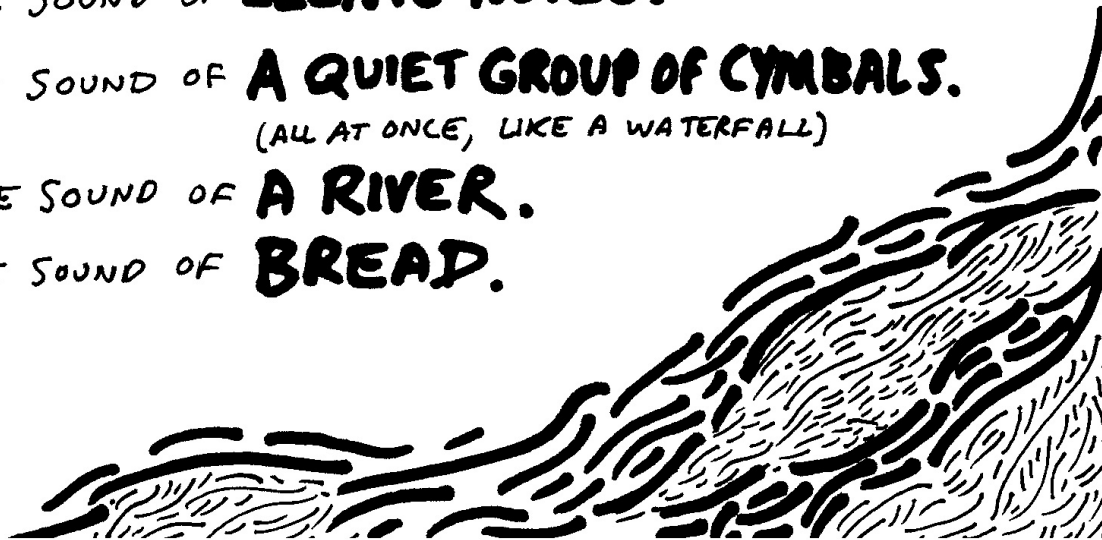
THE SOUND OF **FROGS (NOT ON REPEAT).**

THE SOUND OF **LEGATO NOTES.**

THE SOUND OF **A QUIET GROUP OF CYMBALS.**
(ALL AT ONCE, LIKE A WATERFALL)

THE SOUND OF **A RIVER.**

THE SOUND OF **BREAD.**



DEAR ME.

YOU MIGHT BE ANGRY RIGHT NOW, AND I KNOW IT IS HARD TO FEEL OKAY. **RIGHT NOW, YOU AREN'T ACTUALLY ANGRY, YOU ARE SAD.** FEELING ANGRY AND WANTING TO LET YOUR EMOTIONS OUT IS NORMAL. BUT IF YOU THINK ABOUT THE SITUATION MORE, YOU ARE ACTUALLY SAD. SAD THEY DON'T UNDERSTAND — **SAD THAT YOU FEEL LOST, AND NEED SUPPORT.** BUT I KNOW HOW IT FEELS. TOUGH TIMES BRING PEOPLE TOGETHER, THOUGH. WHEN I AM LOST IN A FIELD OF EMOTIONS, I GO TO OTHERS FOR HELP. YOU MAY FEEL PATHETIC — "WHY DO I NEED OTHERS?" — BUT IF YOU LET OUT YOUR EMOTIONS THROUGH WORDS, IT DOES HELP. WORDS WILL COMFORT YOU. AFTER YOU FEEL A LITTLE BETTER, JUST BREATHE. THINK TO YOURSELF. **REMEMBER YOU ARE ALWAYS LOVED, NO MATTER WHAT.**

[S.K.]

IT'S OKAY.
TAKE YOUR TIME.

I'LL WAIT FOR YOU.

DON'T
WORRY,

I'M NOT GOING
ANYWHERE.