



Calming Strategies - Elementary



Learning to regulate our emotional responses for children can be difficult when they are not equipped to manage "big emotions". Most children have some natural ways of "self-soothing", but may need some help when working through some "big emotions"

Teaching Calming Strategies



Instruction

When the student is calm, provide instruction about what you will be practicing (e.g. "Let's pretend we are mad that we lost a game...what will we do?")



Model

Model for the student what you would do and how you would "calm" in that situation



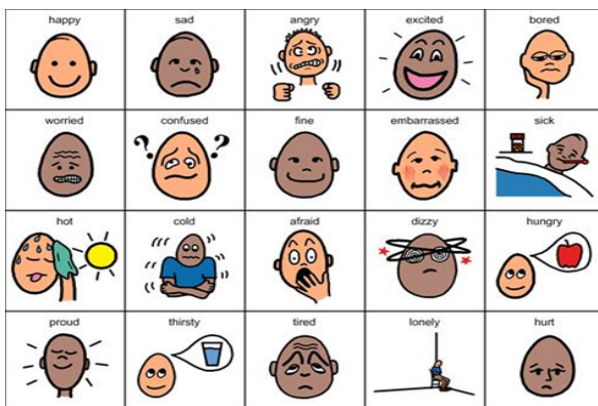
Rehearse

Rehearse the situation with the student, coaching them through the situation and prompting the student with calming options (e.g. take five deep breaths)



Feedback

Provide positive praise and feedback to the student, reinforcing their efforts. This is a time to celebrate!



Universal Calming Strategies

- Take 5-10 deep breaths
- Think happy thoughts
- Count to 10
- Squeeze a stress ball
- Practice yoga
- Get a drink of water
- Read a book
- Listen to music
- Do wall push-ups
- Play quietly
- Write in journal
- Give yourself a hug
- Spin in a circle
- Draw a picture
- Go to a quiet area
- Ask an adult for help



Tools to Teach

1

Social Scripts / Books

2

Visual Supports (e.g. labeling and offering choices/reminders)

3

Sequencing Events (e.g. reviewing & discussing events)

Helpful Hints

Teaching should take place initially when the student is calm. Once successful, begin to prompt the student to use their calming strategies at the *early* warning signs of dysregulation (e.g. frustration, anger)