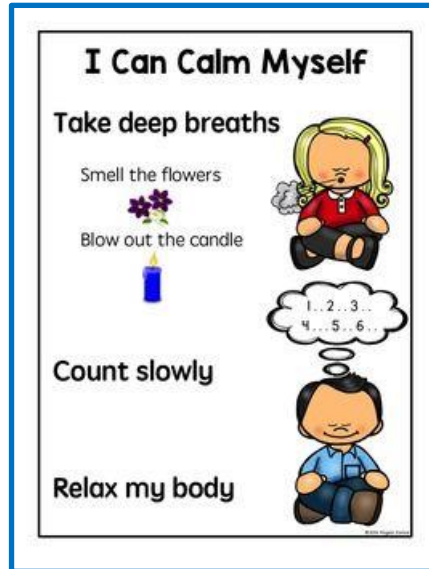


Calming-down and Self-regulation Strategies



Examples: Supports for **Pre-teaching and Direct Instruction** for Calming Techniques. The posters and items pictured should be located in the calming center and made available to children who need to use them. The skills for recognizing “upset” or “angry” feelings and going to the center to calm down should be taught to all children, practiced, and reinforced.

The resources shown in this document are not copyrighted. Several shown are free resources associated with specific curricula; they are shown as examples only, not as recommendations.



IMPORTANT

Teach calming-down techniques to children as a regular part of social skills lessons. Pre-teach when they are calm and able to listen and focus. Provide guided practice and visual reminders.

5 Steps to Managing Big Emotions

1. Remind myself that it is never okay to hurt others.
2. Take 3 deep breaths or count slowly to 10.
3. Use my words to say how I feel and what I wish would happen.
4. Ask for help to solve the problem.
5. Take time to calm down.

squeeze a toy 	get a hug 	bean bag squeeze 	sand table 
<h2 style="margin: 0;">Help Me Relax</h2>			

Turtle Technique

Go into shell.
Take 3 deep breaths. And think calm, coping thoughts.

Think "Stop."

Step 1

Step 2

Recognize that you feel angry.

Come out of shell when calm and thinking of a solution.

Step 3

Step 4

Tucker the Turtle resources are available at Center on the Social and Emotional Foundations for Early Learning. Also available are Tucker story books, turtle patterns, and suggestions for using the resources.

<http://csefel.vanderbilt.edu/resources/strategies.html>

Tucker stories are also available on YouTube, PowerPoint, and in Printable Books and Posters:

[Tucker the Turtle Video on YouTube](#)

[Tucker the Turtle Tucks and Thinks on YouTube](#)

<p>S.T.A.R</p>	<p>Drain</p>
<p>Balloon</p>	<p>Pretzel</p>

Safe Place calming strategies posters are available at the Conscious Discipline website:

http://54.69.93.38:4003/resources/printable_posters.asp

The resources at the link above are printable and free and include resources for identifying emotions, calming down, classroom behavior chart, and social books.

Strategies are also on YouTube:

[I am a STAR on YouTube](#)

[I Can Breathe on YouTube](#)

<p>Red Light Green Light</p>	<p>FREEZE DANCE</p>	<p>ready.set. go!</p>
<p>Wacky Relay</p>	<p>Don't Pop the Bubbles</p>	

GOOD IDEA



Provide practice in fun and interesting ways to help children recall and generalize self-regulation skills.

[Link to video for Self-regulation games](#)

7 minute video with descriptions and examples of games for self-regulation lessons