



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.

Key Factors for Supporting Children Environment Relationships Teaching



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.



Help Me Relax

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