

# Behavior Support Resources



Teaching  
Self-Regulation &  
Calming Strategies

# **5 Steps to Teach Self-Regulation**

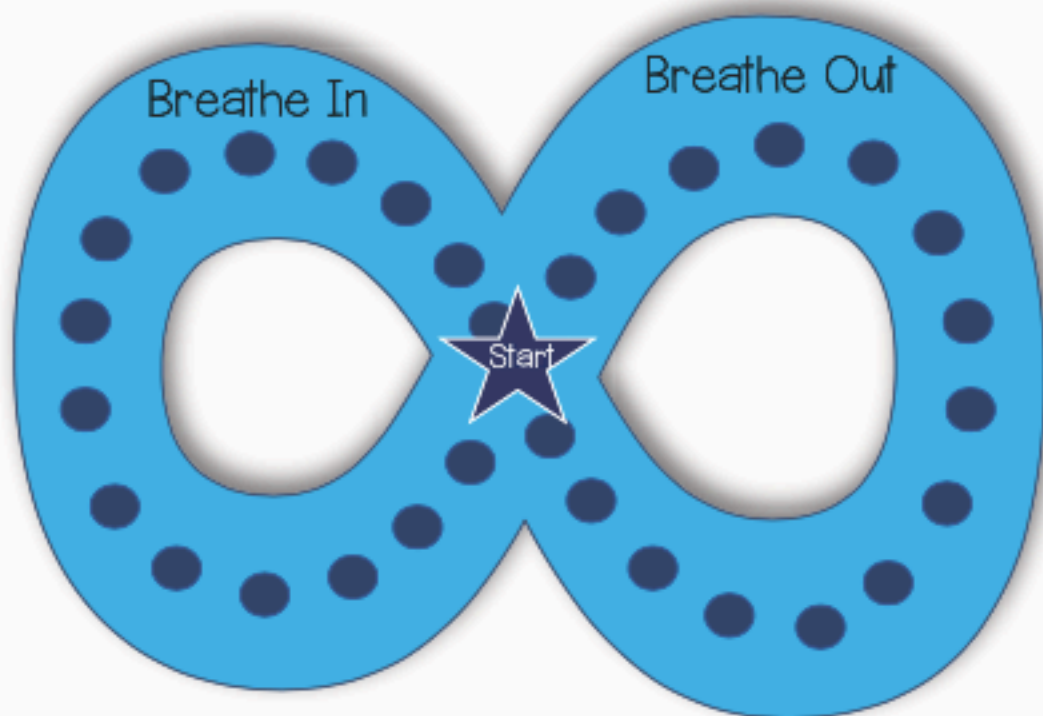
1. Remain calm yourself
2. Teach children  
useful calming strategies
3. Help children learn to  
recognize and label emotions
4. Offer empathy and  
encouragement
5. Problem-solve or teach  
new skills when children are  
calm

# Calming Strategies

**23 ways to calm down if you are feeling worried or anxious at home**

## 1. Figure 8 breathing

Trace the 8 with your pointer finger while you breathe in and breathe out.



## 2. Grounding Exercise #1

Take a moment to notice what is happening around you.  
What do you see? What do you hear? What can you touch?  
What can you smell? What can you taste?



### 3. **Grounding Exercise #2**

Take a moment to notice what is happening around you.  
Can you find 5 things for every color?

Red

Orange

Yellow

Green

Blue

Purple

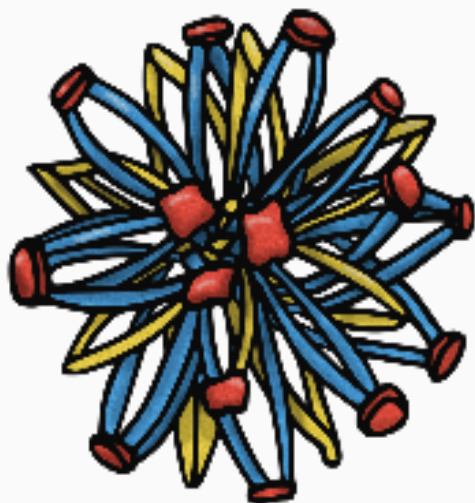
## 4. Journaling

Start a journal. You can use paper or download an app. Write about how you're feeling and what you did today. What feelings are you noticing in your body? Do you have any worries? What are they?



## 5. Use Your Breathing Ball

Close your eyes and imagine that you are using the breathing ball just like we do at school. Hold your hands in front of you with the imaginary ball in between them. Breathe in and open your hands. Picture the breathing ball opening. Breathe out and close your hands. Picture the breathing ball closing.

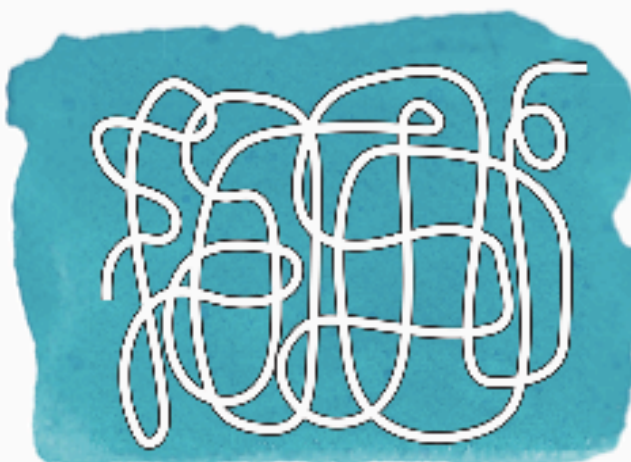
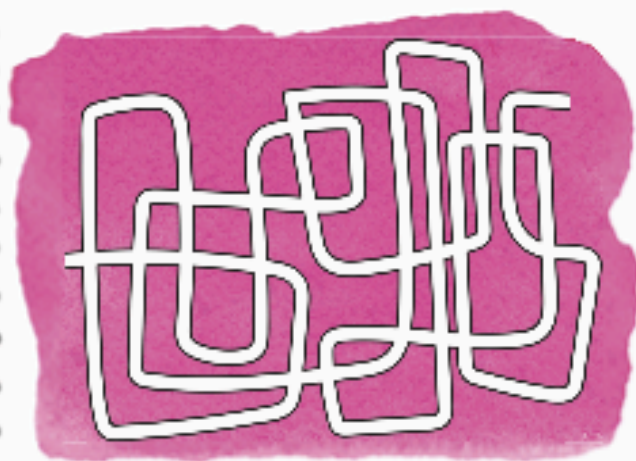




## 6. Complete A Maze

Focus your attention on the maze.

See if you can find your way from one side of the maze to the other. Trace with your pointer finger or a pencil.



## 7. Take a Mental Vacation



Remember when we painted our mental vacations? A mental vacation is a place that you can go in your brain. It's a happy and calm place.

Close your eyes and imagine yourself in a place that makes you feel happy, calm, and relaxed. Optional: draw a picture or paint your mental vacation and write about it.

### My Mental Vacation

Four sets of horizontal lines for writing, each consisting of a solid top line, a dashed middle line, and a solid bottom line.



## 8. Listen to Music or Dance

Take a moment to let loose through music. Sing, dance, and do whatever your heart desires!



## 9. Count

One of the calm down strategies we learn in Second Step is counting. If you have strong feelings, try counting to 10, 30, or even 100. Focus on the numbers.



# 10. Stretch or do Yoga

Find a kids yoga video online (Cosmic Kids and Go Noodle are great resources) or try these poses!

Focus on your breathing

Mountain



Forward Fold



Child's Pose



Cat



Cow



Tree



Side Angle



Downward Dog

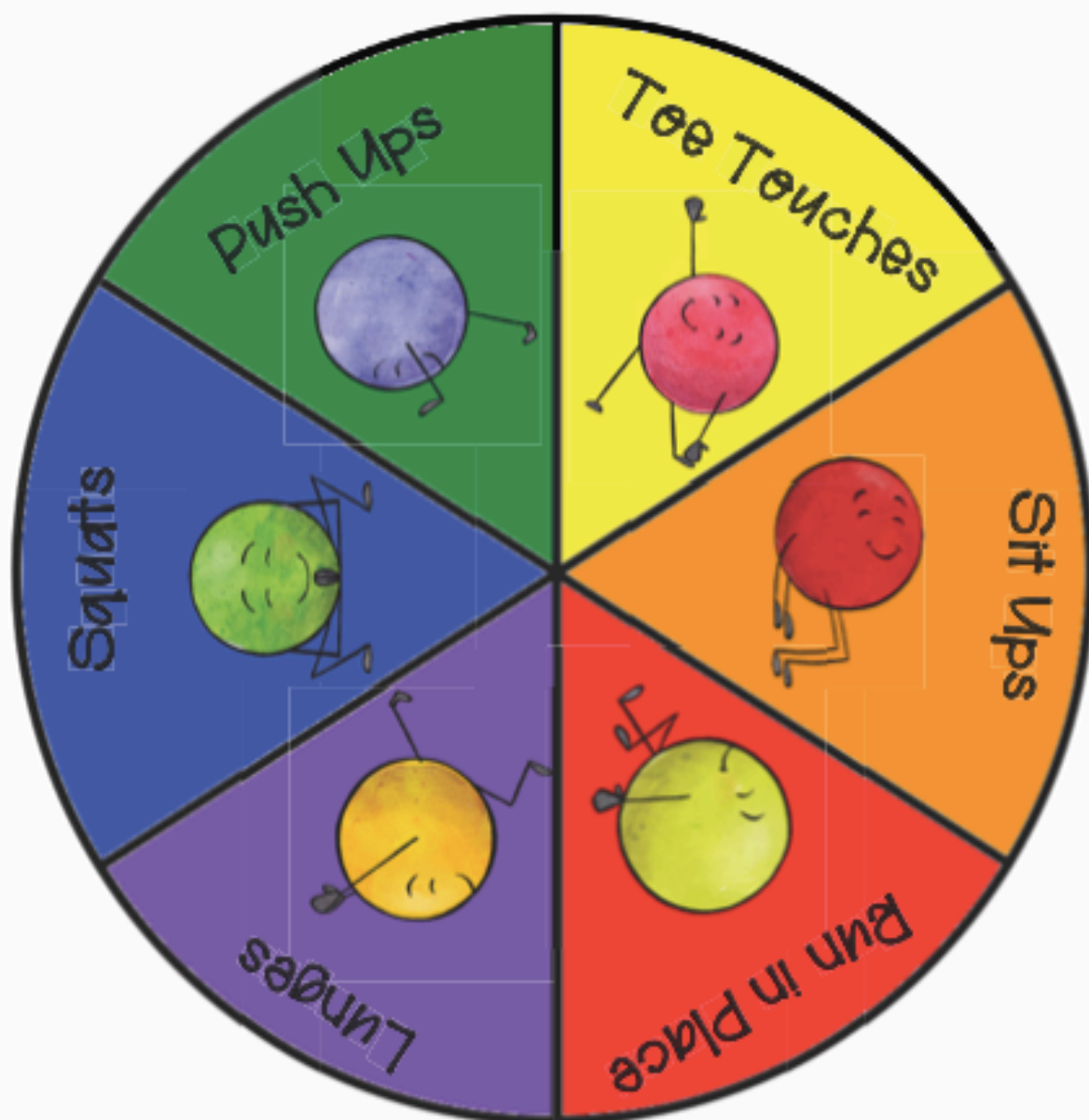


Rest



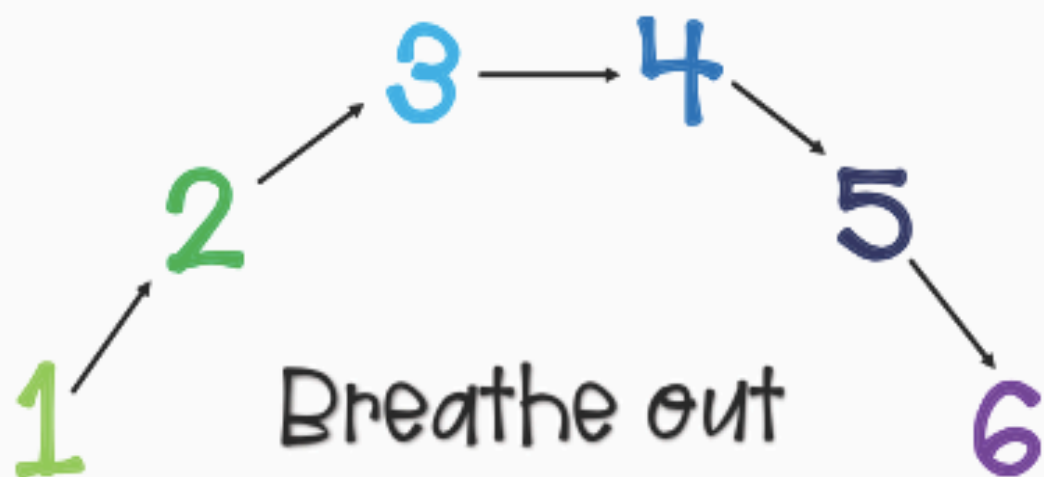
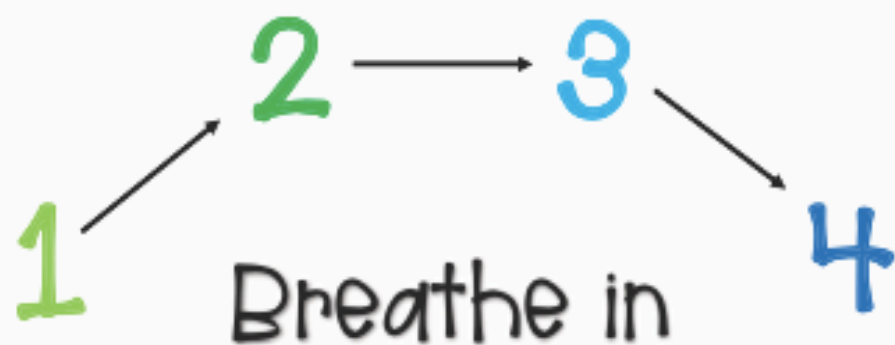
# 11. Exercise

Move your body! Exercise is good for our brains and our bodies. Dance, run, jump, or do some of the exercises below. How many can you do?



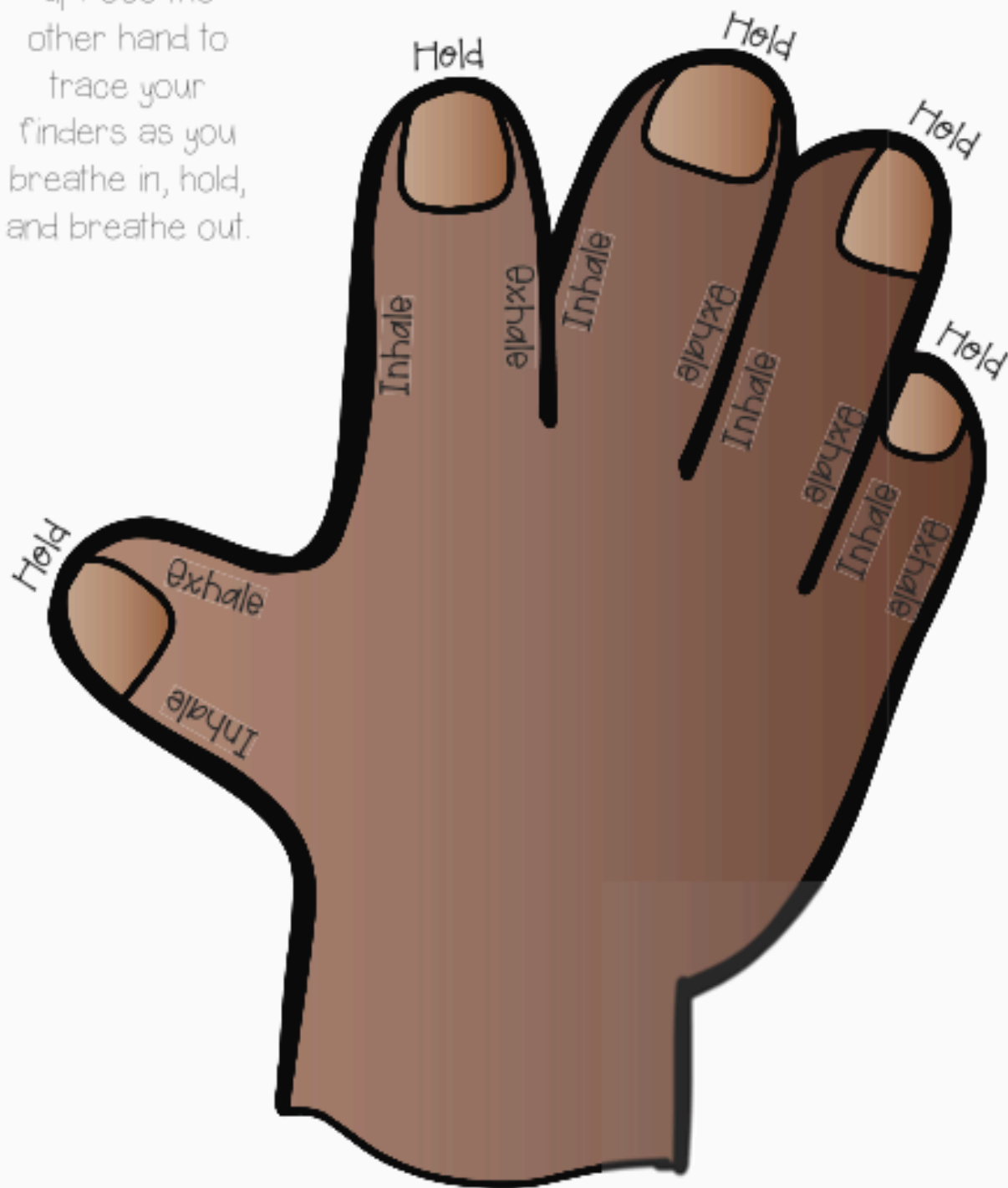
## 12. 4 x 6 Breathing

Point to the numbers as you breathe in for 4 seconds and breathe out for 6 seconds.



# 13. Finger Breathing

Hold one hand up. Use the other hand to trace your fingers as you breathe in, hold, and breathe out.



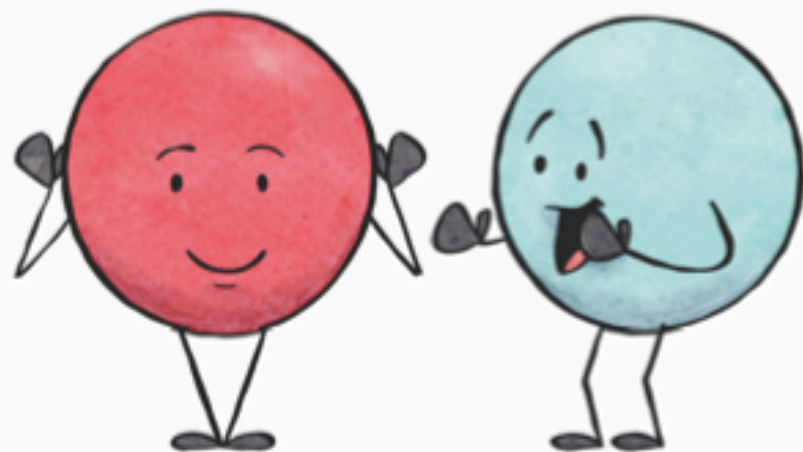


## 14. Draw

Draw anything that comes to mind!



## 15. Talk to Someone



Share your worries with an adult or family member at home.

## 16. Nature

Look outside, take a walk with your family, or open a window. Breathe in the fresh air. Watch the trees move in the wind. What do you notice? What do you hear? This is a great time to do a grounding exercise (see #2).

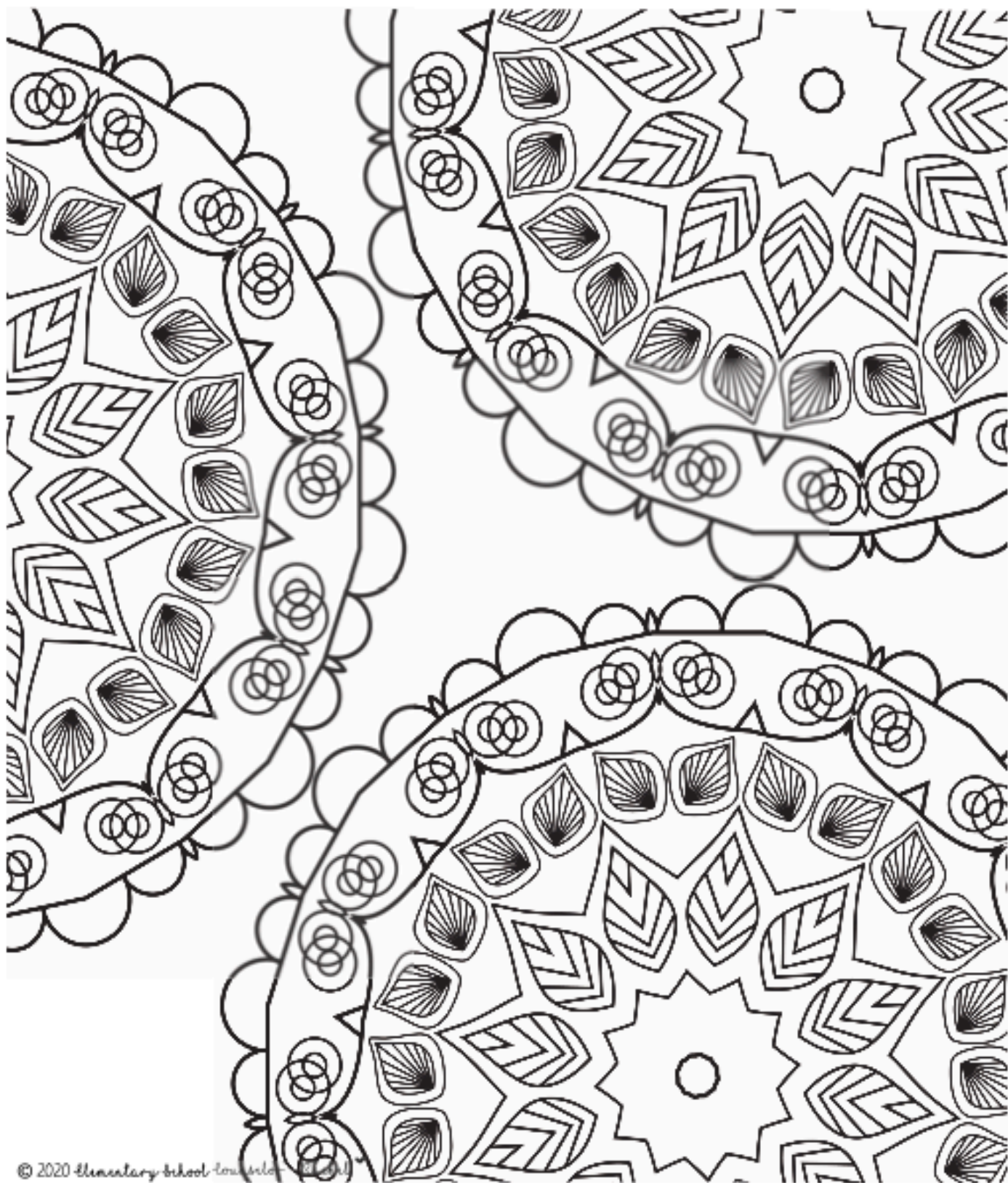




# 17. Color



Find a coloring sheet online  
or use this one! Or,  
download a coloring app.



## 18. Laugh

Watch a funny video, tell a joke, or just laugh!



## 19. Progressive Muscle Relaxation

Start with your face. Squeeze the muscles in your face tight. Keep squeezing. Release and let your body relax. Continue with every part of your body until you get to your feet.



## 20. Positive Self-Talk

"Everything is going to be okay"

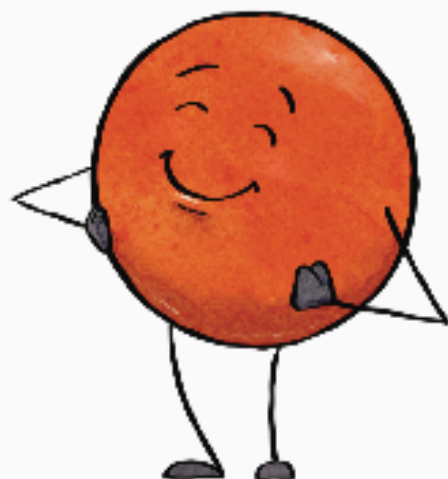
"I am calm"

"I am safe"

"I am strong"

"I can do this!"

Optional: look in the mirror and say the positive self-talk out loud



## 21. Worry Timer

Set a phone timer for 3 minutes. Think about all of your worries. When the timer runs out, picture the worries floating away and do your best to think about other things.



## 22. Create a Worry Box

Write or draw your worries on a piece of paper. When you are done, crumple or fold them up and put them in a box or container.

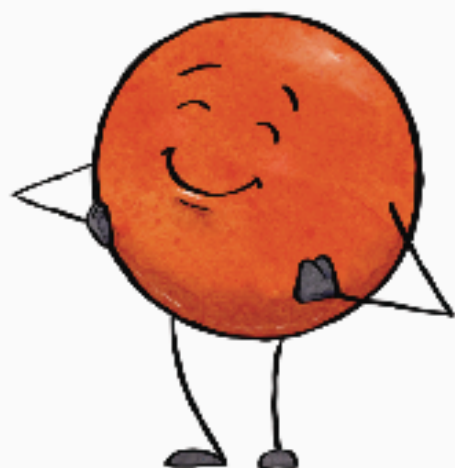
Optional: parent/guardian can check the box each day to see worries and discuss with child.

I am worried  
about not  
seeing my  
teacher for a  
while.

## 23. Name and Talk to Your Worry

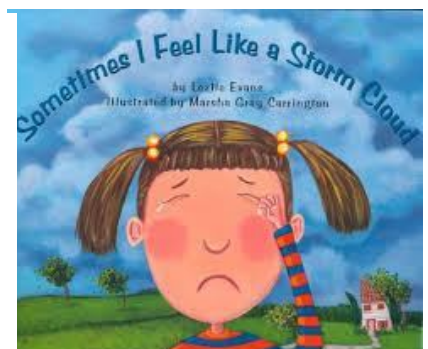
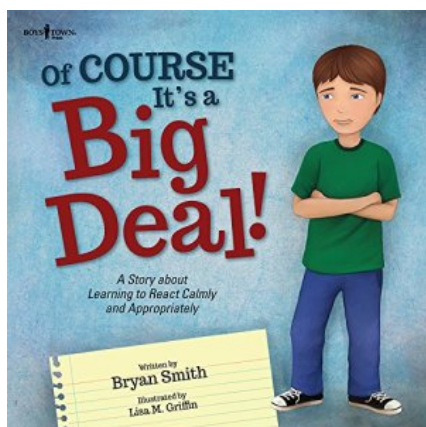
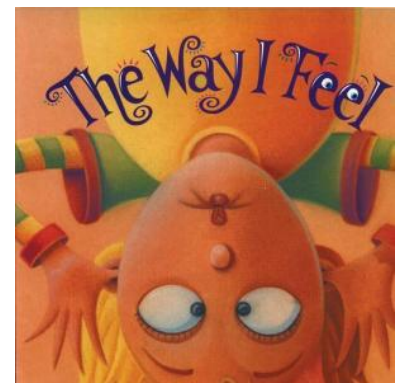
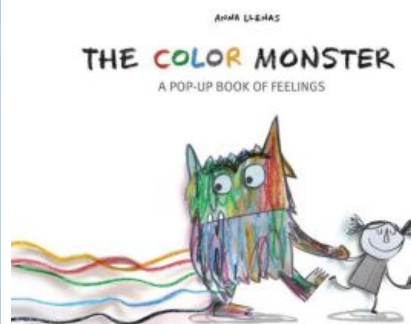
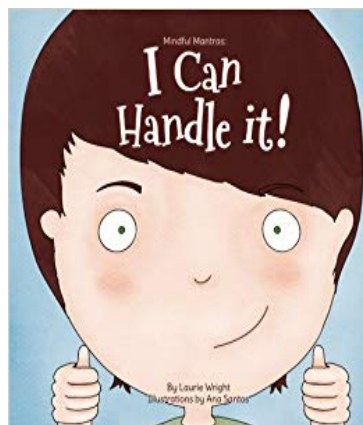
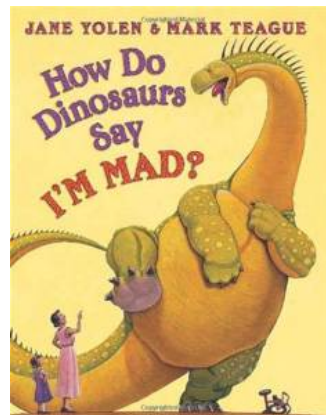
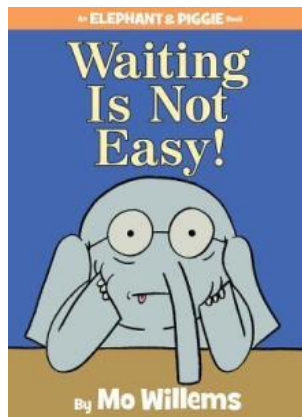
1. Name your worry
2. When you feel worried talk to your worry

"Marcus you are not in charge of my thoughts. I don't need to worry. I can be calm."





# Books About Self-Regulation



# Self-Regulation Activities

Teaching kids to have self-regulation is one of the most important character traits we can teach. Experts believe that kids who master self-regulation become masters of their learning, are more critical thinkers, and make healthier choices; and the benefits are life-long.

## 5 Self-Regulation Games



[Video](#)

Things I Can Control



[Story + Activity](#)

# Parent Resources

**Center for Healthy Minds: COVID-19 Resource Toolkit:** Contains an abundance of resources for adults and children to support well-being during the Coronavirus outbreak.

[LINK](#)

**Self-Care in the Time of Coronavirus**

[LINK](#)

**Coping with Stress during Infectious Disease Outbreaks**

[LINK](#)

**4 Tips for Staying Connected While Working From Home**

[LINK](#)


**Mental Health First Aid: Self-Care During COVID-19**

[LINK](#)

**Taking Care of Your Mental Health in the Face of Uncertainty**

[LINK](#)



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**As always reach  
out if you have  
any specific  
needs or need  
more  
information.**

**We are here for  
YOU!**