






















# Self-Regulation Strategies *helping students manage their emotions at home*

<p><b>Creating a Calm Space</b> Support your student by creating a space in your home where they can go when they feel sad, overwhelmed, or angry. Keep <b>calming tools</b> that help your student cool down in this space, such as a favorite stuffed animal, a coloring book, putty, or posters to help your student work through their emotions.</p> <p>➤ <b>Calming tools</b> or <b>fidgets</b> can help your student slow down and calm their body, but some students may also need them to focus while doing academic work. Read more about fidgets here: <a href="#">Fidgets: What are they and how can they help?</a></p>	 <a href="#">How to Create a Calm Down Spot</a>
	 <a href="#">Calming Corner at Home</a> (One teacher shares strategies for her students)
	 <a href="#">5 Steps for Managing Big Emotions Poster + 9 Calm Down Ideas for Kids Poster</a>
	 <a href="#">"I Feel..." Poster and Printables</a>
	 <a href="#">Calming Corner Strategy Cards</a>
<p><b>Break Cards</b> Knowing when you need a break and asking for one are important skills. Using a break card is one way your student can ask for a break in the calm space. Teach your student to point to, show you, or hand you a break card when they are upset. Verbally asking for a break works, too!</p>	 <a href="#">Break Cards (YouTube)</a>
	 <a href="#">Video Social Story: Taking Breaks (YouTube)</a>
	 <a href="#">Break Cards</a>
<p><b>Breathing and Thought-Stopping</b> When you breathe deeply, it sends a message to your brain to slow down and relax your body. When students are anxious, angry, or upset, their breathing becomes faster and more shallow. Teaching students ways to slow down their breathing will slow down their emotions, too. Another way to slow down anxious or uncomfortable thoughts: find a way to stop them and refocus the brain on something more productive or pleasant.</p>	 <a href="#">Take a Breath: 5 Deep Breathing Exercises that Help Kids Get Calm</a>
	 <a href="#">Star Breathing Poster + Take 5 Breathing Poster</a>
	 <a href="#">Thought Stopping Techniques for Kids + Poster</a>
	 <a href="#">5-4-3-2-1 Grounding Technique Poster</a>
<p><b>Journaling and Coloring</b> For students who are managing anxious thoughts, journaling and coloring can be great ways to calm down. Sometimes students need a "cognitive break" where they put their mind on something else in order to self-regulate. Other great cognitive activities: dot-to-dots, word searches, or Sudoku.</p>	 <a href="#">The Positive Power of Journaling on Children's Mental Well-Being</a>
	 <a href="#">9 Reasons Kids Calm Down Coloring</a>
	 <a href="#">Calming Mandalas Coloring Sheets</a>
<p><b>Yoga and Movement</b> Exercise decreases anxiety and stress, improves focus and attention, and can lead to better sleep patterns for your student. Try these resources to keep your student moving and active.</p> <p>➤ <b>Bonus!</b> Exercises like yoga also teach deep breathing, which can help with self-regulation and mindfulness: <a href="#">5 Fun Mindfulness Activities for Children</a>.</p>	 <a href="#">Cosmic Kids Yoga (YouTube)</a>
	 <a href="#">GoNoodle</a>
	 <a href="#">7 Minute HIIT Workout for Kids</a>
	 <a href="#">25 Exercise Games and Indoor Activities</a>