



CALMING STRATEGIES #2



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TIME

5 - 10 minutes

SEL COMPETENCY Self-Management

PURPOSE

To teach strategies to help regulate emotions

Reflection: Which calming strategy did you like most? How will you remember to use the strategy when you are upset?

ACTIVITY:

Scientists have been studying stress, and these strategies really can help regulate our brains when we become upset. Different strategies work best for different people. We are going to practice four strategies so that you can find a few that will work for you.

1. **MINI VACATION** - Imagine a place where you feel totally happy. What does it look like? What are you doing? What does it smell like? Close your eyes and go there in your mind for 60 seconds.

2. **SENSES COUNTDOWN** - Practice by saying the following aloud.

- 4 - Without moving, identify four things you can feel (e.g., the wind on your face, your socks on your feet, the chair on your back).
- 3 - Name three things you can hear.
- 2 - Name two things you can smell. If you can't smell anything, name two smells you like.
- 1 - Name one thing you can taste. If you can't taste anything, name something you like to taste.

3. **NAME IT** - Answer these three questions:

- 1 - What emotion are you feeling?
- 2 - Where in your body are you feeling it?
- 3 - Is this a real threat (are you actually in danger) or is your brain tricking you?

4. **TALK TO YOURSELF** - Imagine the calm version of yourself talking to you and giving you advice. Use your name and give yourself some advice. (For example, Sam, you have every right to be mad right now but if you yell at Nia, you are just going look like the bad guy and no one will believe your side of the story.)