

Emotional Regulation Strategies for AuDHD Children

(helping children manage frustration, anxiety and meltdowns) Please note this list just offers a few examples where a child with AUDHD maybe struggling in

Emotion	Trigger	Coping Strategy
Frustration	Tasks that feel too difficult	Break tasks down Use visuals Use positive reinforcement Do a task together
Anxiety	Unexpected changes Social interactions Worry	Provide transitional warnings Pre warning of changes Teach grounding techniques
Overwhelmed	Sensory overload Too much information	Offer sensory breaks Use quiet spaces
Impulsivity	Difficulty waiting Excitement	Use visual prompts Offer sensory break Teach stop, think strategies
Anger	Feeling misunderstood Sensory overload	Access to emotional charts Calm space Teach strategies like deep breathing
Sadness	Feeling left out, social struggles	One to one check in Journal
Meltdowns	Build up of stress and too many demands	Reduce stimuli Offer a safe space Use calm down kits and offer strategies
Hyperactivity	Long periods of sitting Lack of opportunity for movement	Schedule movement breaks Provide alternative seating
Shutting down	Fear of failure Too many instructions New person	Use visuals Offer choices Simple instructions and limit words
Excitement	Anticipation of new activity or place Over stimulation	Teach self regulation skills Movement break Reduce stimuli