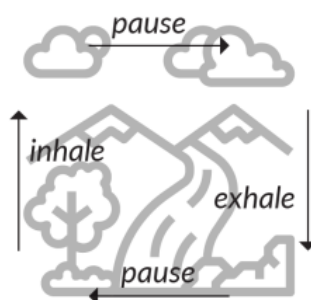


Emotional Regulation ideas

- **Box breathing** – Breathe in whilst counting to four, hold for four, breathe out whilst counting to four then hold for four (see diagram).



- **7-11 breathing** – Breathe in for 7 seconds and out for 11 seconds.
- **Balloon breathing** - Breathe in slowly and imagine (or watch) filling your belly like a balloon, then breathe out until all the air is gone.
- **5, 4, 3, 2, 1 technique** - Describe/name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- **Glitter Bottle** – Fill a small plastic bottle with water, clear glue, food colouring and glitter. Shake this up when feeling distressed or frustrated, then sit and watch the glitter slowly settle.
- **Calming talk** – Think of helpful things to say when overwhelmed. You can practice these or write them on cards. For example:
 “This feeling won’t last” , “We can get through this” , “Remember to breathe”
 “I am here it’s OK”
- **The Turtle Technique** – Recognise you are feeling angry, think stop, Go into a shell take three deep breathes, think calming thoughts, come out of your shell when calm

