

Ways to regulate emotions

1

Deep breathing

Breathe in through your nose for 5 seconds, breathe out through your mouth for 5 seconds, repeat.

2

Do something with your hands

- Write down how you feel.
- Do some mindful colouring.
- Read a book.

3

Practise gratitude

- List three things you are grateful for.
- List three people you are grateful for.
- List three things you are excited for.

4

Name your emotions

- Name the emotion you are feeling.
- Think about how this emotion feels in your body.
- Write down strategies for when you are feeling this emotion.

5

Listen to music

Listen to music that helps you feel calm.

If negative feelings occur regularly, it's important to talk to a trusted adult about other ways to help.