

Ways to manage emotions

1

Deep breathing

- Trace breathing posters with finger.
- 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.
- Squeeze or pull something (play dough).
- Read a book.

3

Practise gratitude

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

4

Name your emotions

- Name your feelings, if you are not sure, use a feelings chart.
- Think about how this emotion is making your body feel.

5

Talk to a trusted adult

If you have tried lots of ways to calm down and they are not working, talk to a trusted adult about how you're feeling.