


CALMING TECHNIQUES



CO-REGULATION

Children and young people need to learn to co-regulate before they can self-regulate. The following ideas can be done together until they are able to independently do these for themselves.

GROUNDING



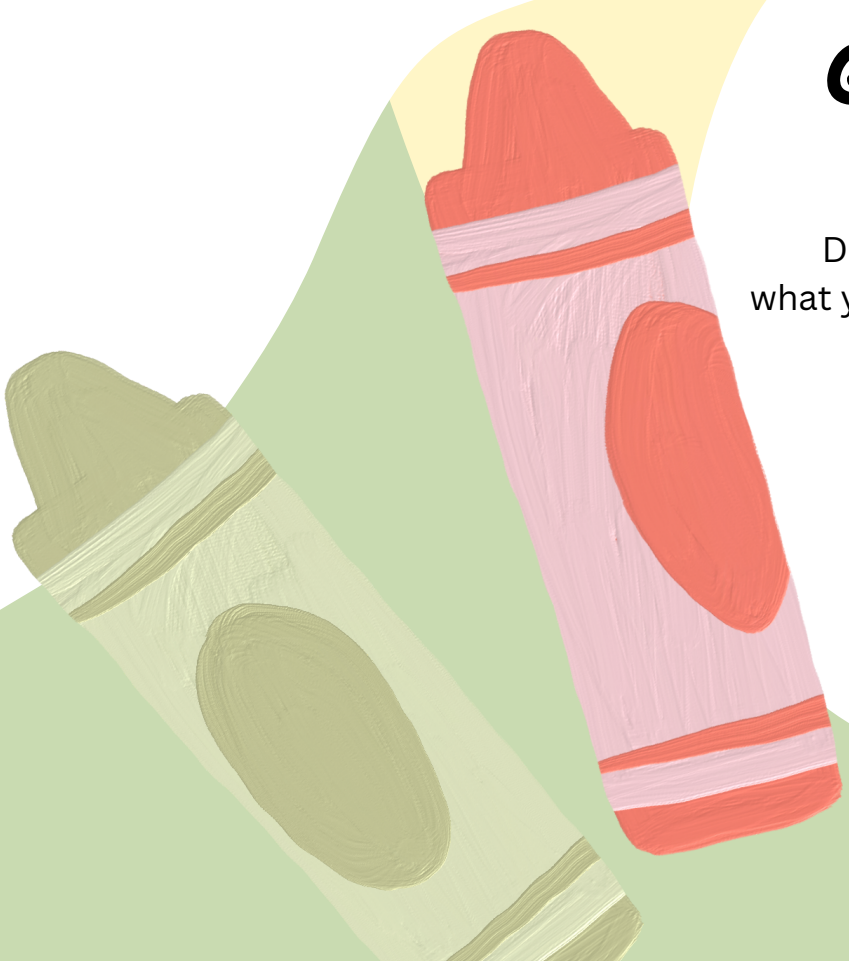
Play the alphabet games...name animals/places etc. alphabetically -
Grounding exercises...5,4,3,2,1 Acknowledge:
5 things you can see around you 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste - Use your sense of smell...find a scent you really like (something strong like lavender, peppermint or lemon work well) get a small item that can carry this scent such as a small bottle/tin, handkerchief. When you notice your mind racing, anxiety increasing, tension breath in the scent and really focus on it
Count backwards..

MINDFULNESS

Shake and watch a glitter jar or snow globe
Take a nature walk
Meditation
Listen to calm, quiet music
Breathing exercises
Visualise a place where you feel safe
Yoga/mindful movements
Blow bubbles and watch your worries float away
Close your eyes and notice how you're feeling; is it anger? worry? sadness?
imagine it as a swirling ball in your tummy and breathe slowly and imagine it slowly shrink and disappear.



GET CREATIVE



Colouring a blob tree
Drawing what happened and draw what you would like to happen instead
Get out the playdough
Thread some beads
Build a tower and knock it over
Sing
Dance
Jump to a beat
Clap to a rhythm