

IN LESSON SELF REGULATION

Use these when you're feeling anxious, overwhelmed, or need a moment to refocus

1. Identify how you are feeling and circle the emotion below. Once you have done this, pick one (or a few!) of the strategies below to help you regulate.
2. Complete the tasks on your own whiteboard or on the sheet itself with your whiteboard pen.
3. Tick off the strategies you have used and pass the sheet back to your teacher once you have taken **5 minutes** to go through the exercises.

Anxious



Overwhelmed



Unsure



Tired



Sad



Angry



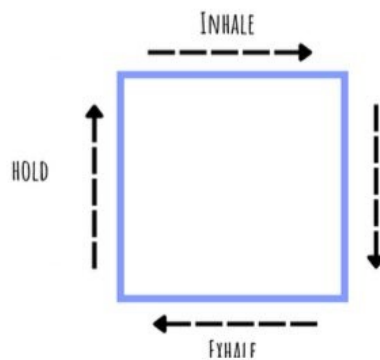
Feeling anxious?

Calm your brain.

These activities work by giving your busy brain a simple, focused task, causing you to think more logically. This helps break the cycle of anxious thoughts and gives your mind space to reset.

- ☐ Spell your full name backwards.
- ☐ List 10 animals or objects starting with your first initial.
- ☐ Count how many things in the room are your favourite colour.
- ☐ Count backwards from 100 in 5s or 7s.
- ☐ Go through the alphabet but skip every other letter (A, C, E...)

Calm your body



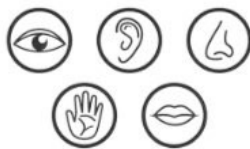
- ☐ **Box breathing:**
 - Inhale for 4 seconds
 - Hold for 4 seconds
 - Exhale for 4 seconds
 - Hold for 4 seconds
 - (Trace the square with your finger as you breathe)
- ☐ **Bunny breaths:**
 - Take 3 short sniffs in through your nose
 - 1 long breath out through your mouth
 - Repeat 3 times
- ☐ **Finger breathing:**
 - Trace your hand with your finger
 - Breathe in going up, out going down



Feeling overwhelmed or angry?

Ground yourself

- ☐ **5-4-3-2-1 technique:**
 - 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste



- ☐ **Body grounding**

Make note in your head of everywhere your body is touching something, this could be your chair, the table, the floor. Make note of how this feels. Cool? Hot? Hard? Soft?



- ☐ **Touch grounding**

Hold an object from your bag, blazer or pencil case, a piece of your uniform, or other object and focus on its texture, temperature, and weight



Feeling sad or unsure?

Express yourself

Write down or draw how you feel.
You can rub it out or pass it back to your teacher to read.

Feeling tired?

Distract yourself

- ☐ Hold your feet off the ground for as long as you can
- ☐ Doodle for 1 minute on your whiteboard
- ☐ Try to remember the first line of your favourite tv show or movie.
- ☐ Spot 3 things in the room that are round