



# HSCI Emotional Regulation Pictures

Teaching children how to regulate their emotions is an essential skill they can use throughout their life. By teaching children that all emotions are OK and by teaching them a variety of ways that they can help themselves calm down, they can learn that negative feelings come and go. By creating a space in your classroom that is specifically designated as a “Calm Down Spot” or “Quiet Area”, we can provide children with a safe place to “cool off” when they need or want to take a break from an upsetting situation. We can also provide them with picture cues like these which show different strategies or ways that a child can help themselves calm down. Most often, a child will have a difficult time coming up with strategies on their own to use when they need to calm down, but these pictures provide a visual reminder of things they can try. A child may wither sit quietly with a teacher for support or they can sit by themselves if they are familiar with the pictures. Sometimes teachers post these pictures on the wall at the child’s eye level next to their designated “Quiet Area”. The pictures can also be cut out and placed in a small box to be carried to different areas of the classroom. Each strategy should be demonstrated and taught by a teacher in a large or small group before being used in the “Quiet Area”.

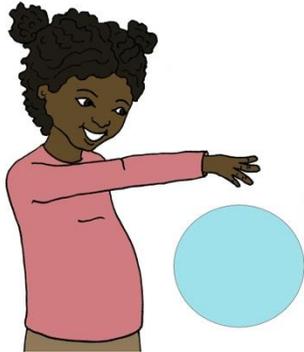


OR



# Emotional Regulation

**Bounce a Ball**



**Blow Bubbles**



**Smell a Flower/Blow out a Candle**



**Chair Pushups**



**Count to Ten**



**Do a Drawing**



# Emotional Regulation

**Find a Quiet Place**



**Hug Something**



**Listen to Music**



**Slow Deep Breaths**



# Emotional Regulation

Squeeze a Ball



Take a Break



Wall Pushups

