

10 Self-Regulation Strategies

> for Kids & Teens <

1 Take Deep Breaths

Breathe in slowly, as if smelling a flower. Breathe out gently, as if blowing out a candle. Repeat a few times.



2 Use Positive Self-Talk

Tell yourself: "I can do this", "I will try my best" or "It's okay to make mistakes."



3 Think Before You Act

Pause and ask: "Is this the best choice?" Think about how your words and actions may affect others.



4 Take a Break

If you feel overwhelmed, take a short break. Stretch, walk or drink some water.



5 Use a Calming Tool

Try a stress ball, a fidget toy, drawing, colouring or soft music. Find what works for you.



6 Move Your Body

Stretch, dance, run in place or shake out your arms to release energy and refocus.



7 Find a Quiet Space

When noise, light or activity feels too much, find a safe, quiet spot to pause and relax.



8 Name Your Emotion

Say: "I feel angry", "I feel sad" or "I feel nervous." Naming your feelings helps you choose what to do next.



9 Ask for Help

Talk to a trusted adult, teacher or friend when you feel stuck. Asking for help shows strength.



10 Follow a Routine

Use a morning checklist, reminders or a bedtime routine to make your day feel more manageable.



Practise little by little. You do not have to manage everything alone. ♥