



EMOTIONAL REGULATION



HOW TO CALM THE BIG FEELINGS



5 • 4 • 3 • 2 • 1 GROUNDING

Take a deep breath and identify...



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste



BUTTERFLY HUG



Pause for a moment.

Do the butterfly hug and gently close your eyes.

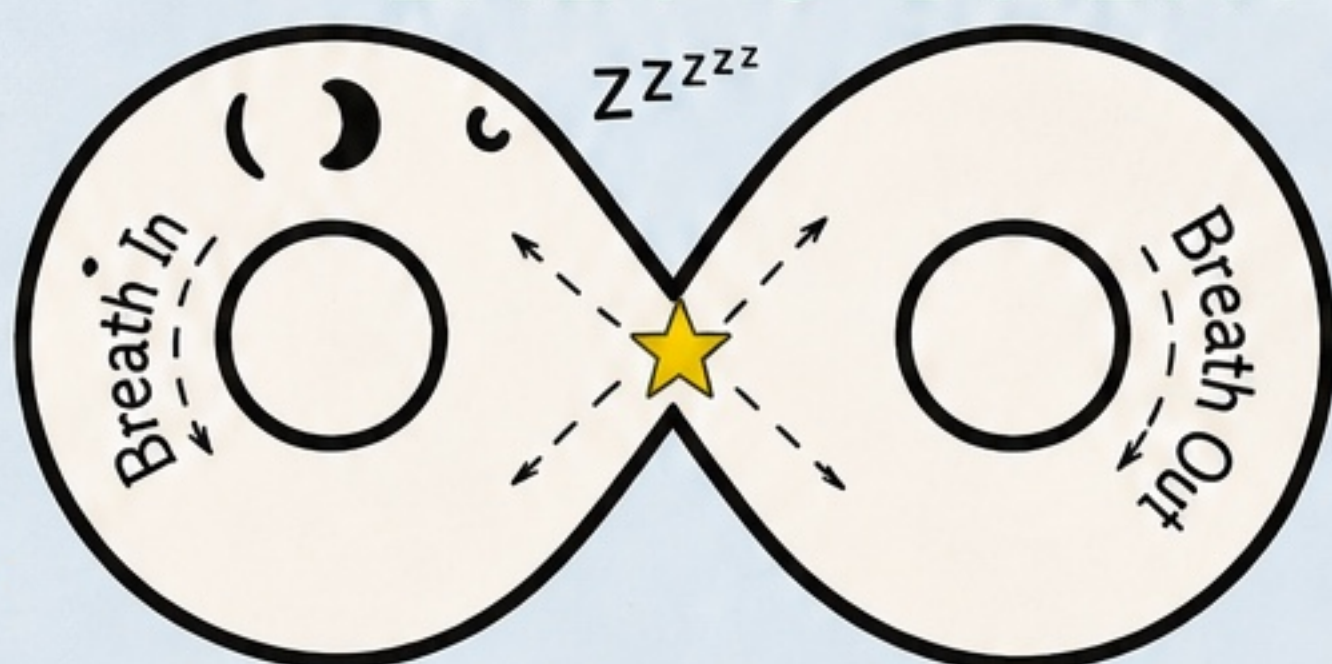
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Use your imagination to picture a place that feels peaceful, safe and happy.

Notice around you:

What do you see, hear or smell that makes this a good place for you?

LAZY 8 BREATHING



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.



As you cross over to the other side of the Lazy 8, slowly let your breath out.



Continue breathing around the Lazy 8 until you have a calm body and mind.

DRAW OR DOODLE



Drawing how I feel can help me let it out.



FINGER TAPS



Tap thumb to each finger while repeating:

"I'm safe /
I'm here /
I'm okay"



Big feelings are okay. You are doing your best.
You can use these tools anytime, anywhere.

