

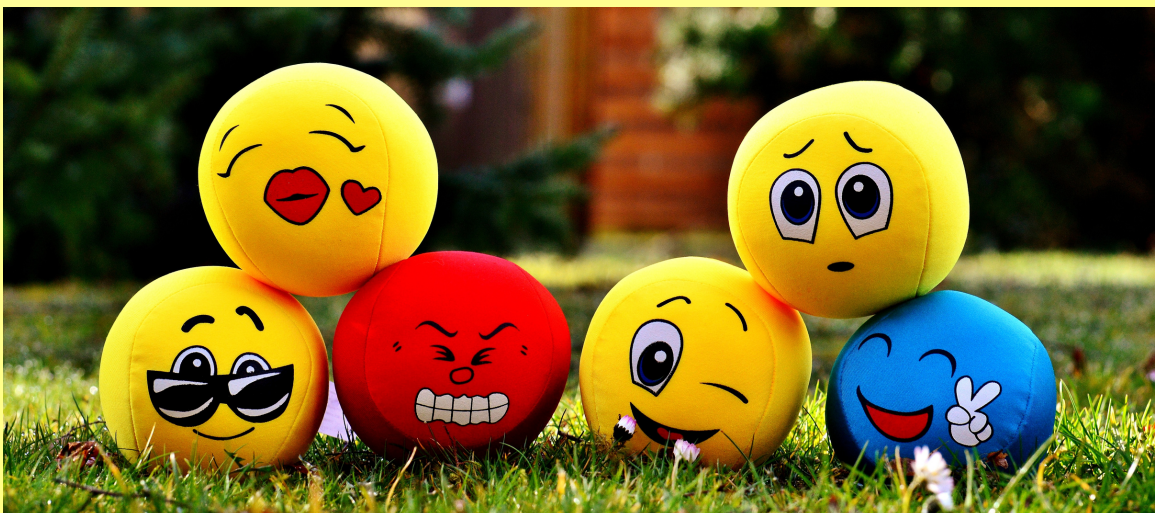
Emotional Regulation

Techniques to help children

Redirect attention - look over there,
there's a purple sheep

Reframe the situation - we can turn this
into a rocket.

Coping skills - deep breathing, counting
to 10





Name that emotion

Identify a time when you felt that way

What made you feel that way?

What could you do next time?

Self Care

Strengthens teenagers internal resources to regulate their emotions

Exercise - anything that raises the heart rate



Mindfulness - such as meditation or
yoga

Adequate sleep and good sleep hygiene



Relaxation treatment - listening to music

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