

Calming Strategies



Teach self regulation skills with these discussion questions and calming strategies



Directions:

Step #1: Gather all materials (scissors, Jenga ® blocks, Mod Podge, paintbrush, Jenga ® blocks labels).



Step #2: Cut apart all Jenga ® labels and discussion cards (optional laminate the discussion cards).



Step #3: Use the paintbrush to cover one side of Jenga ® block with Mod Podge. **Step #4:** Place the label on top of the glue to adhere the label to the block.



Step #5: Cover the top of the label with Mod Podge.



Step #6: Set the Jenga ® block to the side to dry.





Perfect for individual sessions or small group meetings. Break the ice in a fun and interactive way!

Teach social and emotional skills and strategies while playing a fun game!



Teach students how to recognize, regulate, and control their emotions.

Does deep breathing help calm you?



What is your favorite deep breathing exercise?



What are a few things that make you angry?



Is listening to nature help calm you?



Does reading help calm you?



How often do you feel angry? How do you handle that anger?



How can you tell if someone is angry?



Does doing cartwheels help to calm you?



Does writing about your feelings help calm you?



How quickly can you calm yourself down when you are angry?



Do you know your anger triggers? What are they?



Does pushing against a wall help calm you?



Does taking a moment to collect your thoughts help to calm you?



What is your favorite calming activity?



Have you ever tried yoga? What do you like/dislike about it?



Does getting clean help to calm you?



Does thinking happy thoughts help calm you?



If you become angry at school, what strategies can you use?



When you are angry, who is the best at helping to calm you?

How do you know when you are feeling angry?

How does your body feel when you are angry?

Which calming strategy works best for you?



Give an

example of how you could use stretching as a calming strategy.



What is

your favorite calming strategy? Why?



Give an example of how you could

use singing as a calming strategy.



Do you think you can control your emotions well? Why or why not?



What is your favorite calming strategy? Why?



How would you describe your self control abilities?



Give an example of how you could use hugging or pillow as a calming strategy.



What is your favorite calming strategy? Why?



PREVIEW

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