

Ways to Self-Regulate for Children & Young People

Mindfulness

Practising mindful activities have been shown to help us feel calmer, find focus, accept kindness and to let go of worries.

Physical Health

Being active, eating a nutritious diet and getting good sleep helps us to have more energy and feel more in control to manage big feelings.



Controlling our breathing can have a positive impact on how the rest of our body feels.

Grounding

Take five minutes in the day to notice:

what we can see, hear, smell, touch and taste.

The Outdoors

Spend time outside every day. Use the grounding techniques to connect ourselves with nature.





