

Speech and Language Therapy

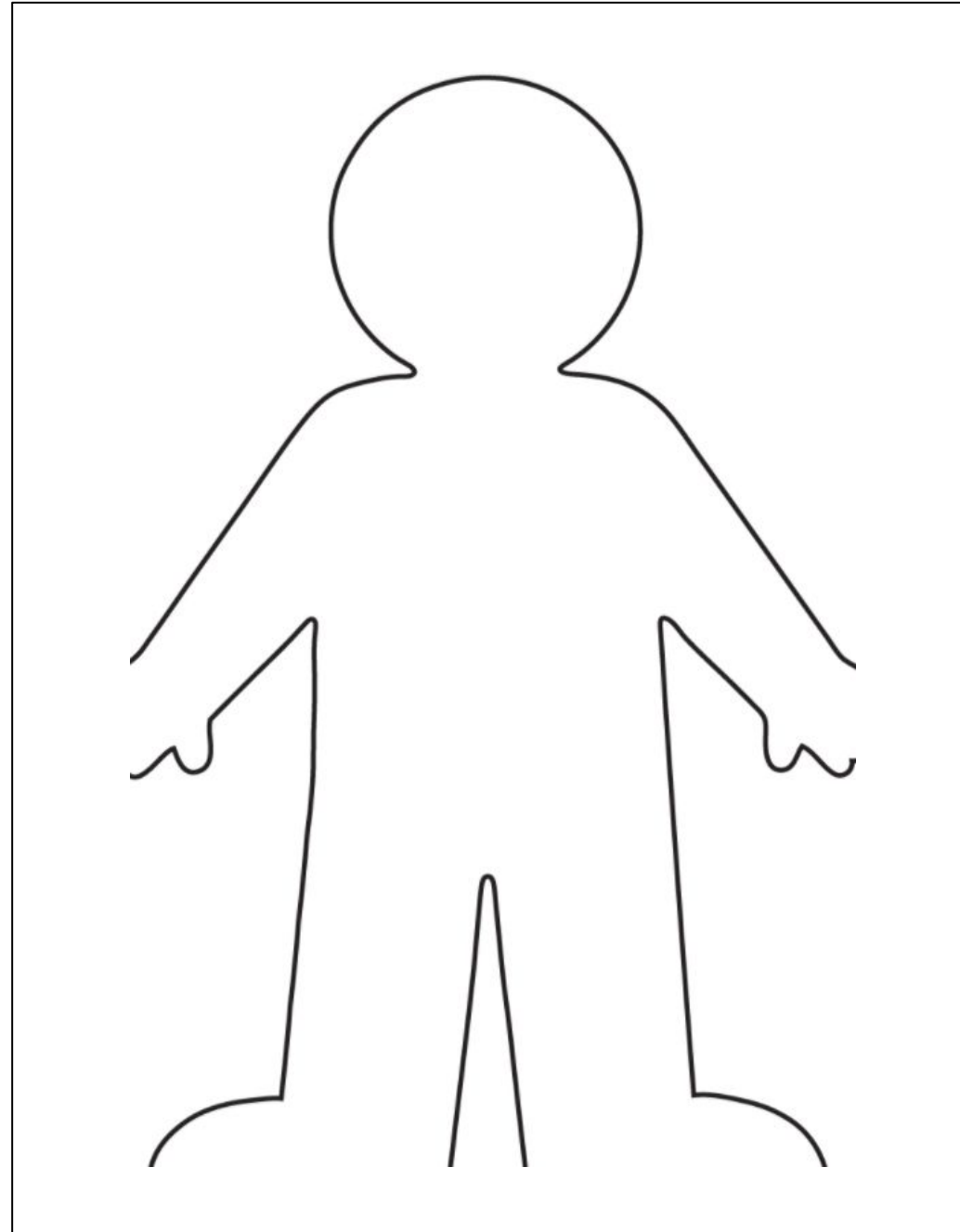
My Feelings and How to Help Me

Lesson 12 of 14 on Emotional Regulation and Self Esteem

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How does my body feel when I am angry ...



What helps me feel happy when I am angry?

Self Regulation

Knowing what things we can do
ourselves

Using our own strategies

Mutual Regulation

Using other people as a source of
comfort

Accepting help and strategies



What helps me to regulate?

Sensory

photographs of happy memories
special interests
blanket (wrapping up in)
squishy ball
fiddle toys
ear defenders
playdough
putty/slime
stack of books to carry
rice in a container/shakers
wall press-ups

Calming

Deep breathing
Deep pressure exercises
Yoga
Calming music
Colouring
Mindfulness activities

Thinking

Positive self talk
Letting people know when I'm not ok
Asking for calming tools
Reflecting on what went wrong
Problem solving different scenarios
Thinking about abstract problems and feelings in a more concrete way



My calming plan ...

A large, empty rectangular box with a thin black border, intended for a user to write their calming plan.

References

- Slide 2- Pixy.org Image 2020

