

Emotional Regulation Strategies

Helping young people manage emotions in healthy ways

WHAT IS EMOTIONAL REGULATION?

- The ability to recognise, understand, and manage emotions in a safe and positive way.
- Helps with focus, social skills, and overall well-being.

WHY IT MATTERS...

- Supports learning and participation in daily activities.
- Builds resilience and self-confidence.



BREATHING EXERCISES

- 'Smell the flower, blow the candle' technique.
- Box breathing technique: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat 4-5 cycles for a calming effect.
- 5-4-3-2-1 Sensory Check: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

CO-REGULATION SUPPORT

- Model calm behaviour.
- Offer choices to give a sense of agency.
- Praise efforts, not just outcomes.
- Encourage positive self-talk: i.e. 'I can handle this', 'I am safe and calm.'

Strategies



REGULATION TOOLS

- Fidget toys, weighted lap pads, tactile rollers or stress balls.
- Nurture room / Calm corner with soft textures and soothing visuals.



MINDFULNESS ACTIVITIES



Guided imagery ('Imagine your favourite place', safe space). Encourage them to describe what they see, hear, smell, and feel.

- Short meditation or listening to calming music 'motherese tones'
- Step-by-step calming cards

NURTURE ROOM:

