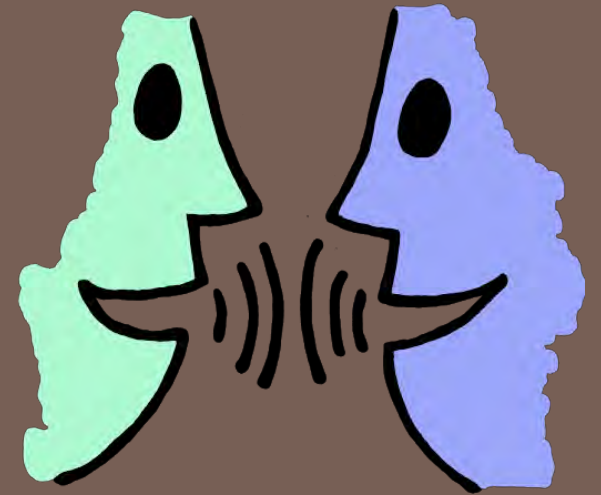


# 10 calm-down strategies for teens

Source from: <https://www.nspt4kids.com/parenting/10-simple-calm-down-strategies-for-teens/>

# 1. Talk it out

- ❖ It may be helpful to give him/her the opportunity to talk it out. This can include:
  - identifying the problem
  - discussing why it's a problem
  - potential solutions
  - thoughts/feelings/reactions to the current situation



## 2. Draw

- ❖ Sometimes it can be difficult to express themselves through words, especially when they are upset.
- ❖ Drawing serves as an alternative form of expression of their feelings or to calm them down by drawing something they like.



# 3. Write

❖ Writing is yet another form of expression, which can serve as a distraction or outlet as well. It may be helpful for some to journal their feelings and experiences.



# 4. Read/Doing something you enjoy

- ❖ For some, reading is a form of enjoyment while others may not enjoy reading that much.
- ❖ Teenagers can be allowed to do something they enjoy to help them relax.
  - watching their favourite shows/movies
  - chatting with their friends.



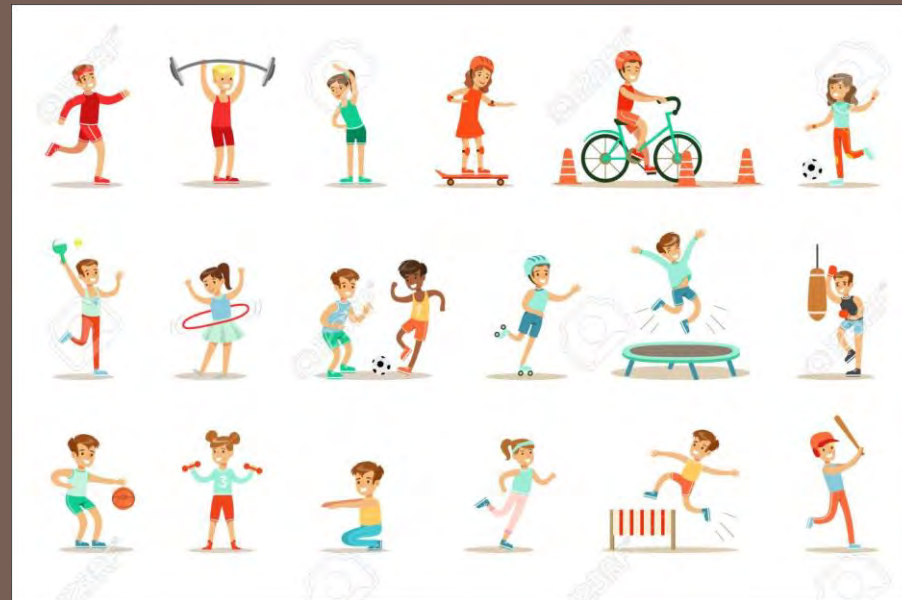
## 5. Music

- ❖ They can play music they like to listen to
- ❖ Or perhaps listen to calming, instrumental music while lying down.



# 6. Exercise

- ❖ Exercising can serve as a form of directing angry or upset energy (E.g. NV PE lesson) to help them calm down even in their own homes.





# 7. Focus on the positives

- ❖ Teenagers can make a list of things to be grateful for, or of kind acts you noticed today.
- ❖ During times of stress, our outlook is often clouded which makes it easy to only focus on the negatives.





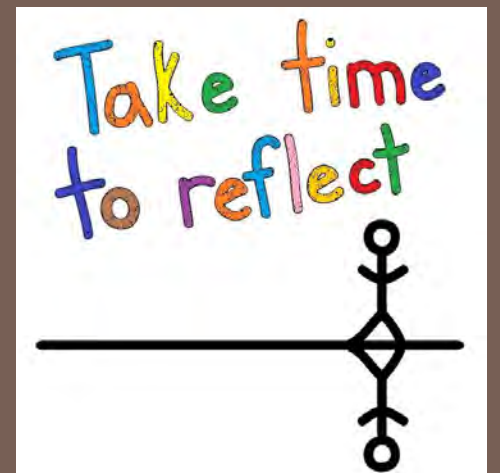
# 8. Change up the setting

- ❖ Sometimes when needing to calm down, move to a different room, change the TV/music in the room, adjust the lighting, etc, can help to break you out of the rut.



# 9. Take a step back from the situation

- ❖ Reflect on what is really making you mad. Often times our minds can become clouded with the many stressors of life, and displace their anger/frustration on someone close to them.
- ❖ Being able to identify the main stressor would help teens manage the stressor.



# 10. Say what you need (in a respectful yet assertive way)

- ❖ Teenagers are continuing to build their self-advocacy skills. Advocating for one's self includes speaking up when necessary and being able to appropriately request what one needs.

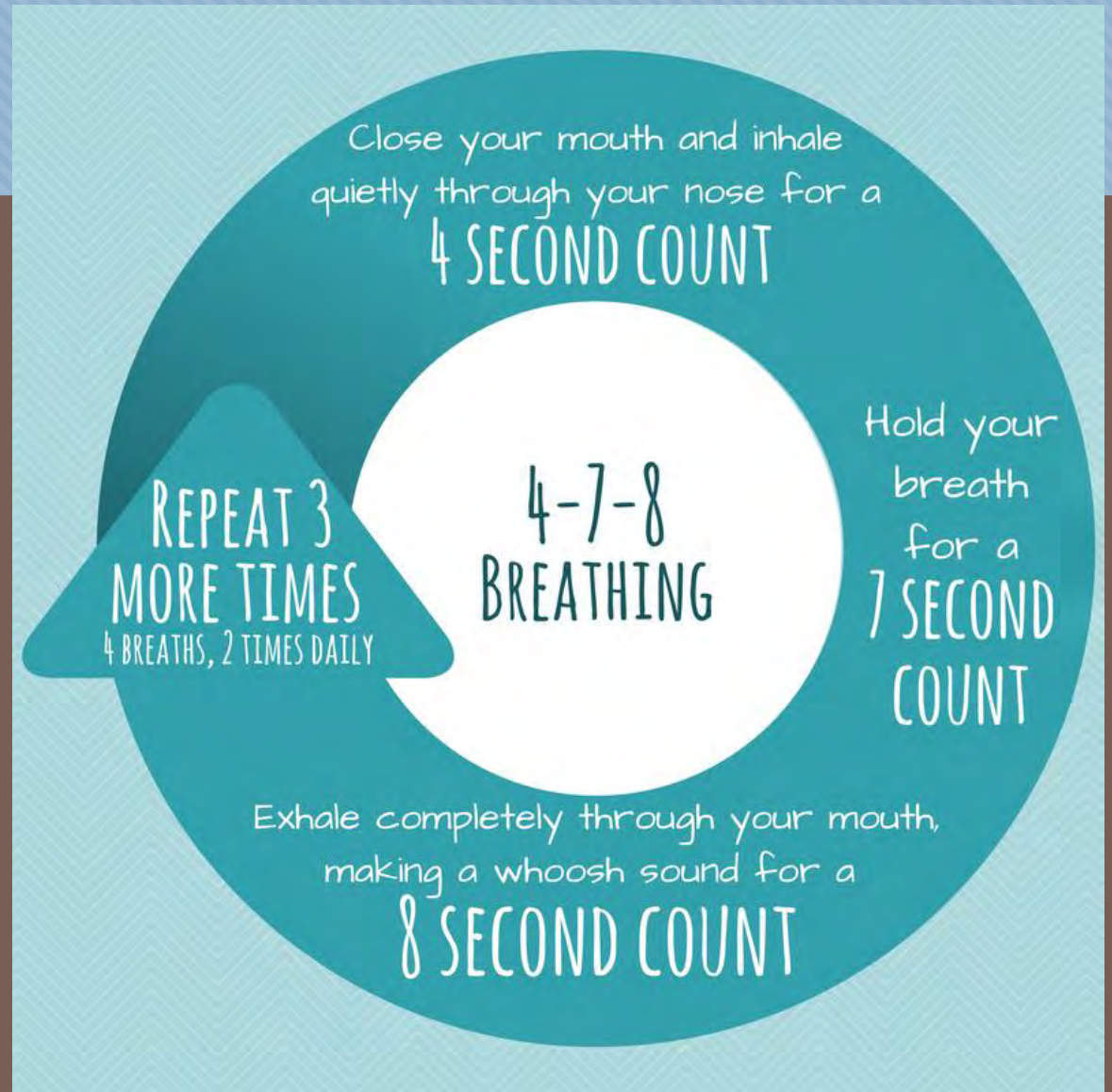


# Simple Breathing Exercises

Source from: <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

# 4-7-8 Breathing

❖ Video on 4-7-8 Breathing:  
<https://www.youtube.com/watch?v=Uxbdx-SeOOo>





# Star Breathing

- Start at any “Breathe In” side on the star.
- Trace your finger over the “breathe in” side of the point.
- Hold your breath when your finger gets to the tip of the point.
- Breathe out as you trace your finger over the other side of the point.
- Keep going until you reach where you started.
- When you trace the whole star, you will have completed 5 deep breaths.





# Picture sources:

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