# Ways to calm down

Children in all year groups need to discuss calming-down strategies. They will not be able to use the peaceful problem-solving process (which involves rational thought) until they have overcome their impulses and calmed down. All children have a chance to make posters to put up around the school during Theme 1 at the beginning of each year. Children will offer their own calming-down strategies, so they will be different for each year group.

It is important that children are encouraged to use their favoured calming techniques each time the need arises. All adults in school should know the range of strategies and the school should agree some shared 'cueing' words (such as the rhyme on this page). This cue alerts the child to the need to use a calming down strategy.

Older children might devise their own 'rap' version or similar. The important thing is that common cueing words are used by all adults in the school.

## The Cueing Rhyme

Get your body calm
and ready

Get your thinking cap
on steady!

## Ideas for calming down

• Tell yourself to STOP! • Give your thinking brain time • Tell yourself you can handle this! • Say to yourself 'be calm … be calm … be calm' • Walk away • Count backwards from 10, 20, 100 • Tell someone else how you feel • Breathe deeply – in and out five times • Tense and relax your muscles • Take some exercise • Go into a deserted place and shout • Feel your pulse • Picture yourself dealing with the situation calmly and strongly

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