

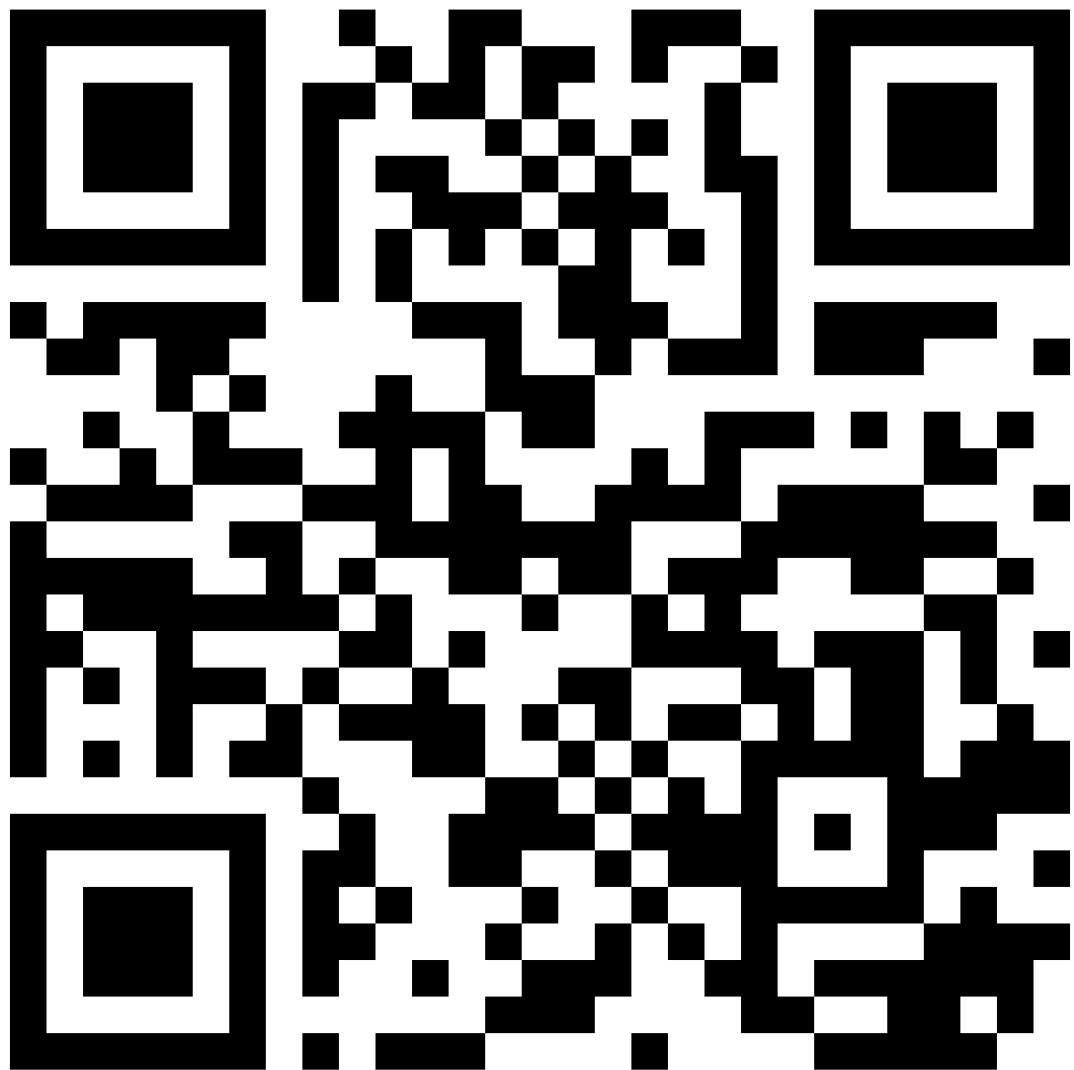
## 20 ideas to help you regain calm

- Breathe deeply (e.g. inhale for 4 counts, exhale for 4 counts).
- Count to ten slowly before responding.
- Take a movement break (stretch, stand, or walk).
- Take a timed break from what you are doing.
- Use a 'calm down' card or request a time-out in a quiet space.
- Do an emotional self-check-in (try to identify and name what you are feeling).
- Practice mindful listening – focus intently on a specific sound in the classroom.
- Try guided imagery or visualisation – imagine a place where you feel calm and relaxed.
- Write about how you are feeling on paper.
- Use positive self-talk ("I can handle this"; "It's okay to feel frustrated").
- Squeeze or play with a sensory/fidget object.
- Use the 4-3-2-1 grounding technique: notice 4 things you can see, 3 you can hear, 2 you can touch, 1 you can smell – then breathe slowly.
- Ask for help or clarification when stuck.
- Try progressive muscle relaxation – working from your toes upward, clench and release muscles until you reach your head.
- Use noise-cancelling headphones if sounds feel overwhelming.
- Use weighted lap pads or shoulder wraps for deep pressure and grounding.
- Look at a calm-down jar (fill a jar or bottle with water and glitter - shake it and then watch it settle for visual soothing).
- Use soft sensory objects, like textured balls or fabric swatches, for quiet touch input, or play with theraputty (putty/play-doh)
- Wear and use chewellery (chewable necklaces or bracelets) if chewing helps you feel calm.

— The —  
**Wellbeing  
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A proactive and preventative approach to mental health and wellbeing for the whole school community.



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