

Remember to help your child to regulate their emotions before reflecting and repairing.

Some ideas for regulation are on the next slide.

The most important thing will be to give them understanding, time and space.

SORTING



WALKING



BREATHING



DRAWING

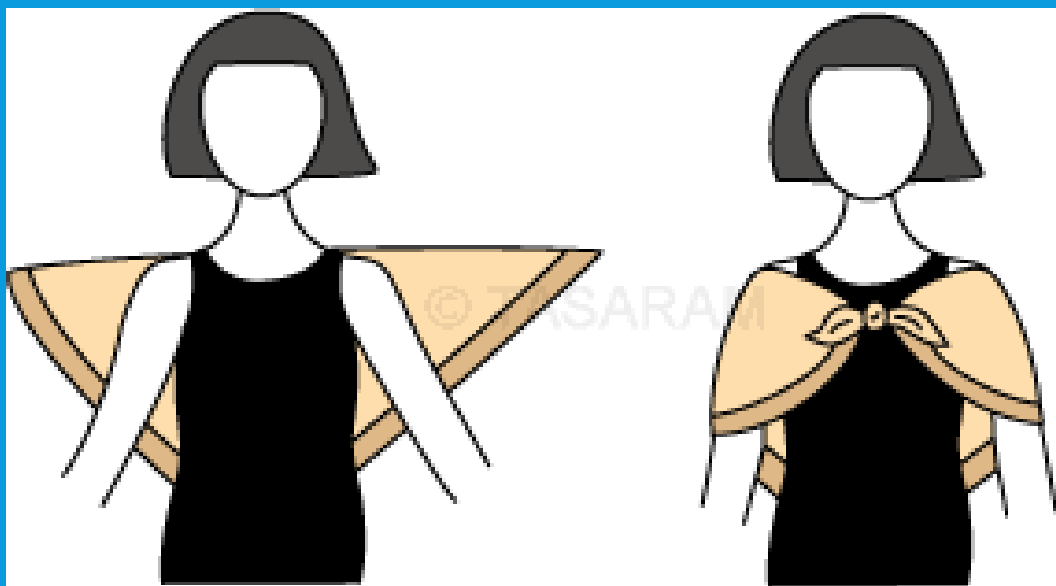


READING



LISTEN TO MUSIC





Teach children to
self hug with a scarf
or blanket

Suggest they use a
weighted lap blanket

