

Self-Control Strategies

Self-Control Strategies are skills students can use when they become emotional and start to lose self-control.

Deep Breathing

1. Take a deep breath in through your nose and hold it for two seconds.
2. Let breath out slowly through your mouth.
3. Repeat until you feel yourself calming down.
4. Discuss your feelings with a trusted adult.

Saying ABC's

1. Find a quiet place or put your head down.
2. Quietly say your ABC's.
3. Say them backwards.
4. Repeat until you feel yourself calming down.
5. Discuss your feelings with a trusted adult.

Positive Self-Talk

1. Make a positive comment about how you can handle the situation:
"This is not a big deal...."
"I've done this before, I can do this again...."
"If I keep going, I'm going to make it worse...."
2. Repeat until you feel yourself calming down.
3. Discuss your feelings with a trusted adult.

Counting

1. Count slowly from 1 to 10.
2. Count backwards from 10 to 1.
3. Repeat until you feel yourself calming down.
4. Discuss your feelings with a trusted adult.

Muscle Relaxation

1. Tighten your arm, shoulder, and leg muscles.
2. Hold for 10 seconds.
3. Relax your body.
4. Repeat until you feel yourself calming down.
5. Discuss your feelings with a trusted adult.

Anger Diary/Journal

1. Request permission to write in your journal.
2. Record your thoughts and feelings, and specific ways you plan to handle the situation.
3. Continue until you feel yourself calming down.
4. Discuss your feelings with a trusted adult.
5. Share your journal (optional).