

Self-Soothing Secrets

Deep belly breathing (inhale 4 counts, exhale 6 counts)

Silently say to yourself: "Pause. Breathe. Choose."

Visualize a calm, successful interaction

Stretch your arms high, then drop them slowly

Notice the feeling of your clothing on your skin

Repeat a calming mantra ("I am calm and capable.")

Repeat silently: "I'm safe. The child is safe. We'll get through this."

Roll your neck side to side gently

Feel the floor under your feet

Recall a favorite positive note or feedback you've received

Remind yourself: *"Their behavior is not my behavior."*

Picture your safe space (beach, forest, cozy chair)

Square breathing (breathe in 4, hold 4, out 4, hold 4)

Mentally press "pause" like you would on a remote control.

Ask yourself: "How do I want this child to remember me in this moment?"

Think of three things you're grateful for right now

Rub your fingertips together and focus on the sensation

Remember a time you helped a child succeed

Tap lightly on the back of your hand

Picture your best self stepping forward — strong, calm, and loving.

Listen carefully for the faintest sound you can hear

Think of a child's smile you love

Shake out your hands and arms

Think of your "why" for becoming a teacher

Reframe: *"This child is communicating a need, not giving me a hard time."*

Plant your feet firmly on the ground

Mentally hug someone you care about

Remember: "I am the thermostat, not the thermometer."

Look for a specific color in the room

Self-Soothing Secrets

Breathe and Move (Body-Based Resets)

Deep belly breathing (inhale 4 counts, exhale 6 counts)

Square breathing (breathe in 4, hold 4, out 4, hold 4)

Stretch your arms high, then drop them slowly

Roll your neck side to side gently

Shake out your hands and arms

Plant your feet firmly on the ground

Mind Over Mood (Mental Resets and Reframing)

Repeat a calming mantra ("I am calm and capable.")

Reframe: *"This child is communicating a need, not giving me a hard time."*

Remind yourself: *"Their behavior is not my behavior."*

Visualize a calm, successful interaction

Think of three things you're grateful for right now

Remember: "I am the thermostat, not the thermometer."

Sense It Out (Sensory Grounding Techniques)

Notice the feeling of your clothing on your skin

Feel the floor under your feet

Rub your fingertips together and focus on the sensation

Tap lightly on the back of your hand

Listen carefully for the faintest sound you can hear

Look for a specific color in the room

Anchor Your Emotions (Positive Emotional Supports)

Think of a child's smile you love

Remember a time you helped a child succeed

Recall a favorite positive note or feedback you've received

Think of your "why" for becoming a teacher

Picture your safe space (beach, forest, cozy chair)

Mentally hug someone you care about

Pause and Plan

Silently say to yourself: "Pause. Breathe. Choose."

Repeat silently: "I'm safe. The child is safe. We'll get through this."

Mentally press "pause" like you would on a remote control.

Picture your best self stepping forward — strong, calm, and loving.

Ask yourself: "How do I want this child to remember me in this moment?"