

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