

# When in the history of being told to **calm down**, has anyone ever **calmed down**?

Calming strategies are a key part of teaching learners self-regulation. It is important, however, to have a plan for teaching and coaching the use of new skills.



## DON'T



- ❌ SAY "CALM DOWN" "RELAX" WHEN LEARNER IS UPSET.
- ❌ PRESENT A CALMING STRATEGY OR ACTIVITY ONLY WHEN THE LEARNER IS UPSET.



## DO



### Identify



- ✔ SITUATIONS AND FACTORS THAT UPSET OR MAY UPSET THE LEARNER.
- ✔ SKILLS AND STRATEGIES TO COPE WITH STRESSFUL SITUATIONS AND ACTIVITIES.
- ✔ POTENTIAL REINFORCERS THAT MOTIVATE THE LEARNER TO EXHIBIT NEW SKILLS.

### Teach



- ✔ HOW TO IDENTIFY EMOTIONS AND THE ESCALATIONS OF EMOTIONS.
- ✔ SEVERAL SIMPLE CALMING ACTIVITIES AND STRATEGIES.
- ✔ EVERY DAY WHEN THE LEARNER IS CALM.

### Practice



- ✔ NEW SKILLS UNTIL THE LEARNER CAN COMPLETE THE ACTIVITY OR STRATEGY INDEPENDENTLY.
- ✔ IN DIFFERENT ENVIRONMENTS AND AROUND DIFFERENT PEOPLE.

### Celebrate



- ✔ WHEN A LEARNER USES STRATEGIES TO STAY CALM OR REGAIN COMPOSURE.

Everyone can benefit from learning calming strategies and activities. Some learners will master skills quickly, while others will need continued support over time. Taking a few minutes each day to focus on these strategies can help learners make healthier choices when they feel frustrated in the future. It is an essential skill for success at school, at home, and in the community.



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