



DOING THINGS THAT MAKE US FEEL BETTER STRAIGHT AWAY

We often expect adolescents to be able to control emotional outbursts...this is unrealistic!

BRAINS TAKE A LONG TIME TO REACH EMOTIONAL MATURITY

IN TIMES OF STRESS, YOU MAY SEE BEHAVIOURS THAT SEEM TO BE AT A YOUNGER EMOTIONAL AGE & STAGE

Adolescents may need information & support more appropriate to a younger child

When we flip our lids, regulating techniques help us calm & reconnect to the 'thinking part' of our brains

BY DOING SOMETHING DIFFERENT, WE CAN CHANGE HOW WE THINK & FEEL

WHAT CAN WE DO FOR OURSELVES?

WHAT CAN WE DO FOR OTHERS?

TAKE SHORT REGULATION BREAKS (1-2 MINS)

- Check out this ['Breathing Retraining'](#) resource
- Look at this [FACE COVID resource](#) or [video](#)

UNDERSTAND THAT ADULTS ARE AFFECTED BY STRESS & TRAUMA TOO

- You may see adult behaviour related to stress. Consider how you could use some of the strategies from the FACE COVID resource to offer support

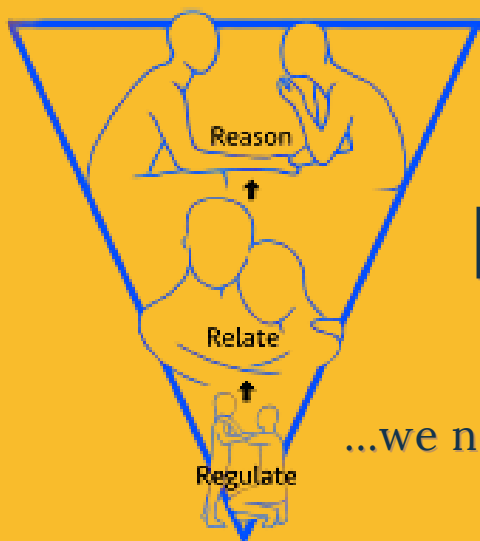
TRY THIS:
If in doubt, breathe it out!

PLAN TO DO MORE OF THE THINGS THAT MAKE YOU FEEL GOOD

- Use this [Living Life to the Full resource](#) to find some things you can do to feel happier straight away.

SOME YOUNG PEOPLE WILL NEED A PLANNED APPROACH TO SUPPORT

- They might need: time & space at the start of the day/lesson to scan their environment; key adult meet & greet; timetabled support at particularly difficult times.



Try to remember Bruce Perry's sequence of engagement...

REGULATE, RELATE, REASON

...we need to try to connect before we correct, and offer compassion, empathy and comfort.

Image: Beacon House

FIND OUT MORE

- [Nurturing wellbeing to build back better: Learning is understood developmentally](#) (RNRA)
- 'Tug of war with a monster': [script](#) & [video](#)
- [What is Mindfulness?](#) (Centre for Clinical Interventions)
- Louise Bomber talks through [creating a calm box](#) & [separation anxiety](#)
- ['Start the day right for pupils who are struggling'](#) (Dr Pooky Knightsmith)