



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

TOOL: Prevention | Intervention

TARGET AUDIENCE: Elementary school children

TOOL INTENDED FOR: Professionals | Parents

DESIGN

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Claudia Verret



TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

TOOL: Prevention | Intervention

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TARGET AUDIENCE:

- Elementary school children who have difficulty managing their emotions, particularly children who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Difficulty managing intense emotions such as frustration, anger, disappointment, anxiety.
- Feeling overwhelmed by inappropriate emotions or reactions.
- Low frustration threshold.
- Difficulty meeting their needs or accepting constraints.

SPECIFIC GOALS

- To help the children find practical ways to manage their frustration and anger or intense negative emotions in order to avoid escalation (emotional outburst) or regain a state of calm and well-being after experiencing an intense emotional state.

DESIGN

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TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

When you're angry or frustrated, you often feel like a bomb about to explode. Exploding is not a solution, as it can cause damage. We can break things or damage relationships with those around us. Nobody likes to be near a person who explodes all the time! The following are some tips to prevent you from exploding and calm down when you're angry or frustrated.

Breathing

Breathing is the easiest way to calm down and can be done in any situation. However, it's not just any breathing that can calm you down. Breathing must be deep and slow. Here's a simple breathing technique that can help you regain your calm.

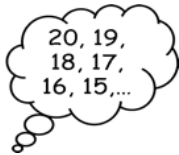
Abdominal breathing

1. I put my hands on both sides of my belly.
2. I exhale to empty my lungs of air and make way for fresh air.
3. I inhale slowly and deeply through my nose.
4. With my hands, I feel my belly swell like a balloon.
5. When my belly is full, I hold my breath for 3 seconds.
6. I exhale gently and slowly through my nose or mouth (as if I wanted to move the flame of a candle without blowing it out).
7. I repeat this two or three times.



Change the channel

When you feel angry, you keep thinking about what's angering or bothering you, or what you might do to get revenge. Instead of calming us down, this increases the anger we feel even more. To calm down, our brains need to "change the channel." The following are some simple ideas to change the channel and allow your brain to focus on more positive ideas.



Count backwards. . It's very simple: count backwards. For children under the age of 9, simply count backwards from 20 to 1. For older children (10 years and older), you can start the backward counting at 100 and skip count by 3s (100, 97, 94...) or by 4s..

Positive imagery. Imagine yourself in a place where you feel good (in a nice hot bath, near the fireplace, etc.) or visualize a relaxing scene (being with people you love, etc.) when you feel angry. Thinking about this image can help you regain your calm and get rid of thoughts that make you feel more angry.



Do a pleasant activity. To clear your mind and feel pleasure instead of dwelling on your negative emotion, do a pleasant activity that requires concentration. The following are some examples of relaxing activities:

- Read a book or magazine;
- Draw;
- Make a mandala;
- Play with Lego blocks;
- Play a game of patience;
- Watch a movie, video or TV show

Withdraw

To regain your calm, find a place where you can distance yourself from the source of your anger or frustrations, for example:

At school: se coucher la tête entre tes bras sur ton bureau, aller dans le coin de lecture, aller dans le coin de retrait, aller dans le corridor, etc.

At home: Sit alone in the living room on the most comfortable chair, go rest in your room, go for a walk outside, etc.





TOOL CONTENT

Physically relax

When you're angry, your body is very tense and you don't feel well. To regain your calm, you can also try ways to reduce the physical tension you feel.

Physical exercise. Doing intense physical exercise that gets your heart pumping, such as running, swimming, soccer, hockey or cycling, can help release energy and reduce anger-related tension. Jumping on a trampoline or ball can also work wonders. After giving it your all, relaxation is guaranteed!



Practical ways. If it's not possible to do intense physical activity, we can also use other physical ways to release our tension. The following are some suggestions:

- Squeeze an anti-stress ball;
- Massage yourself with a tennis ball or a massage ball;
- Play with a "Tangle";
- Rock on a rocking chair.
- Take a hot bath;
- Sing

There's no miracle solution that works in every situation or for all people. You'll have to find out what works best for you, depending on your situation.

THE WAYS SUGGESTED IN THIS TOOL WERE RETRIEVED AND ADAPTED FROM:

Massé, L., Verret, C., & Boudreault, F., with the collaboration of Lanaris, C., Verreault, M., & Lévesque, M. (2012). *Mieux gérer sa frustration et sa colère*. Chenelière Éducation.

Verret, C. & Massé, L. (2017). *Gérer ses émotions et s'affirmer positivement*. Chenelière Éducation.

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Massé, L. & Verret, C. (February, 2016). Des moyens simples pour m'apaiser afin d'éviter d'exploser. *La foucade*, 16(1), 16-17..

USEFUL RESOURCES

Papapositive.fr. (ND). *Le petit cahier de retour au calme*.

<http://papapositive.fr/gratuit-le-petit-cahier-du-retour-au-calme/?fbclid=IwAR25lHFvh8mCCW6ShQ3LB3-qvOCm5WdSThPiXsQhuWAG3GMSO9LgpBGeaj0>

