

# **Boosting your emotional regulation toolkit**

Tools for young people

# ADHD, Autism and Trauma



# EMOTION REGULATION SKILLS

## Five Finger Breathing



1. Spread your fingers wide
2. Place a finger at the base of your thumb
3. Breathe IN as you slowly run your finger up your thumb
4. Breathe OUT running your finger down the other side
5. Repeat for all five fingers
6. Shake your fingers out and repeat if needed

## HOT CHOCOLATE BREATHING

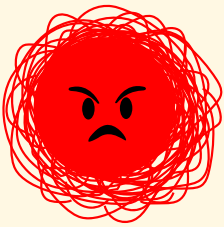
Quietly breathe in through your nose as if you are smelling a mug of hot chocolate or mint tea. Exhale by blowing through your mouth as if you are cooling it off. Repeat a few times until you notice your body relaxing.



## Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5 Things You Can See 
- 4 Things You Can Feel 
- 3 Things You Can Hear 
- 2 Things You Can Smell 
- 1 Thing You Can Taste 



# MANAGING INTENSE EMOTIONS

## DISTRESS TOLERANCE SKILL

# T.I.P.P.

Helps you to deescalate at the height of the crisis

- Temperature**  
Face in cold water; cold shower; cold pack on your eyes and cheeks. [To calm down fast]
- Intense Exercise**  
Intense exercise, running, jumping jacks, push-ups or sit-ups until you're tired. [To calm down your body when it's revved up by emotion]
- Paced breathing**  
Long, slow, deep belly breaths. Breathe out longer than you breathe in. [To calm down by slowing your breathing]
- Progressive Muscle Relaxation**  
Tense your muscles while breathing in and relax them while breathing out. Notice the tension, and notice the difference when relaxed. [To calm down by tensing and relaxing your muscles]

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This could also be:

- Punching a pillow
- Dancing
- Skipping
- Bouncing on trampoline

## PROGRESSIVE MUSCLE RELAXATION

FOLLOW THE NUMBERS IN THIS CARTOON IN SEQUENCE AND...

- 1 TIGHTEN/SQUEEZE/TENSE UP THIS MUSCLE. HOLD FOR 5 SECONDS.
- 2 RELEASE THE TENSION & COMPLETELY RELAX THE MUSCLE.
- 3 NOTICE HOW THE MUSCLE FEELS - RELAXED, HEAVY & LOOSE.

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Doing these **before** a breathing or grounding technique can allow your child to feel like they are able to express their anger, but in a safe way. This should then make it easier to use one of the following strategies.



# HAPPY PLACE



A Happy Place is a location where you feel the calmest and most relaxed. For some people, this can be at the beach, in the woods, or in their room. Whenever you become anxious, sad, or angry, it can be helpful to imagine yourself at this place! The more details that you can imagine, as you close your eyes, the more helpful your *Happy Place* will be in calming you down. Answer the questions below and try to be as descriptive as you can be.



Where is your happy place? \_\_\_\_\_



What things do you see?



What sounds do you hear?

What can you feel or touch?

What do you smell/taste?

How are you feeling?



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# **THE NEURODIVERGENT FRIENDLY WORKBOOK OF DBT SKILLS**

A workbook of Dialectical Behaviour Therapy skills reframed to be neurodivergent friendly with the added bonus of accessible mindfulness practices, sensory strategies and managing meltdowns.

Written & designed by Sonny Jane Wise  
@livedexperienceeducator

