



MANAGING INTENSE EMOTIONS

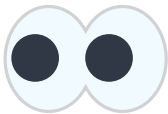




Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

What Is in Your Self-Soothe Kit?

Help your students brainstorm a self-soothe kit. Collect items from around the house and take some time to allow your students to share ideas about what might be soothing in each category.

Remember that feeling intense emotions is normal and can make us feel like we need to do something. Using the five senses can help us ride out that wave of intensity and help us choose what to do next.

- 1 Find a small, portable bag that can fit in your backpack (for example, a small pouch, pencil case, or Ziploc bag).
- 2 Select one or more favorite items from each of the five senses to put in your kit (or something that is close by and you have easy access to).

5 Senses	One thing that makes me calm and relaxed is:	Stumped on what to pick? Here are some suggestions:
		<ul style="list-style-type: none"> • Calming colors • A relaxing scene • Small picture of my favorite person, family member, athlete; or place to visit
		<ul style="list-style-type: none"> • Listen to rainstorm or ocean sounds • Recordings of funny jokes or comedians • Happy or soothing music
		<ul style="list-style-type: none"> • Good-smelling hand lotion • Small perfume bottle • A scented candle
		<ul style="list-style-type: none"> • Pieces of your favorite candy or other treat like gum or a mint
		<ul style="list-style-type: none"> • Satin ribbon or soft fabric • A small pompom or pouf • A small feather • A stress ball • Slime