

Calming Repertoire: Teacher Inventory



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As adults we can often access our calming repertoires, our personal collection of calming strategies. These repertoires:

- are aimed at managing the experience of stress.
- include multiple strategies. When one strategy does not work in the moment, another can be used.
- are especially important when the stressor will not change.
- are powerful tools as explicit and indirectly modelling of calming strategies to enhance students' emotional skill development.

Use this list to help identify some in-school calming strategies that have worked for you in the past.

Circle two new strategies that you are interested in exploring further.

<input type="checkbox"/> Deep breathing	<input type="checkbox"/> Yoga exercises
<input type="checkbox"/> Brain Gym	<input type="checkbox"/> Stretching
<input type="checkbox"/> Having the whole class be silent for one minute	<input type="checkbox"/> Placing positive events in my school and personal calendar
<input type="checkbox"/> Sitting down	<input type="checkbox"/> Counting to 10
<input type="checkbox"/> Internal mantra (e.g., I can handle this ...)	<input type="checkbox"/> Quiet
<input type="checkbox"/> Time alone	<input type="checkbox"/> Cold/Warm face cloth
<input type="checkbox"/> Reading a book	<input type="checkbox"/> Deep breathing exercises
<input type="checkbox"/> Pacing	<input type="checkbox"/> Running cold water on hands
<input type="checkbox"/> Ripping paper (also known as shredding)	<input type="checkbox"/> Going for a walk
<input type="checkbox"/> Exercising	<input type="checkbox"/> Humour
<input type="checkbox"/> Taking time to eat	<input type="checkbox"/> Crying
<input type="checkbox"/> Writing in a journal	<input type="checkbox"/> Meditation
<input type="checkbox"/> Listening to music (calm, invigorating, etc.)	<input type="checkbox"/> Drawing
<input type="checkbox"/> Colouring	<input type="checkbox"/> Doing a hands-on craft
<input type="checkbox"/> Looking at a beautiful, soothing picture	<input type="checkbox"/> Taking a break
<input type="checkbox"/> Talking to someone who will listen (a friend)	<input type="checkbox"/> Drinking (hot or cold liquid)
<input type="checkbox"/> Dimming the classroom lights	<input type="checkbox"/> Letting natural light into the room
<input type="checkbox"/> Being grateful	<input type="checkbox"/> Other:
<input type="checkbox"/> Smile. Take a deep breath. And. Relax. (S.T.A.R.)	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other: