



# BRING IT DOWN

## *Purpose & Focus*

Helps participants build self-regulating skills to be in control of their emotions when staff may not be around to process with them.

## *Participants*

Any number of participants.

## *Time Allotment*

15 – 30 Minutes

## *Activity Level*

Low

## *Materials*

Self-regulation techniques located on the following page.

## *Method*

- Begin by explaining that we all have the ability to regulate our emotions using simple techniques.
- Ask if anyone has any tools that they already know.
- Ask them to demonstrate for the group.
- Ask the group to try the technique.
- Ask the group to name the skill for ease in recognition later.
- Share some of the techniques, if needed, from the Self-regulation techniques on the following page.
- Practice these skills by calling out certain ones and having the group practice.
- Remind them that these techniques can be used anytime that experience extremes in emotions (really angry, really tired, really hyper, or really sad) and are great to use in the dorm to help re-focus or calm emotions whenever needed.

## *Discussion*

- How did these techniques feel?
- Did one work better for you than another?
- Have you tried these before?

## Self-Regulation Techniques

- **Moustache.** Place your forefinger horizontally across the area above the lip and below the nose and press.
- **Push-up.** Sitting in a chair or on the floor, place your hands on either side on a solid surface and push up for 5 seconds. Relax and repeat for another 5 seconds.
- **Pull-up.** Similar to the push up, place your hands under the chair and pull up for 5 seconds. Relax and repeat.
- **Peek-a-Boo.** Locate your cheek bones with the palm of each hand. Apply firm pressure to the area just beneath the bone. You should feel pressure followed by relaxation to the face and sinus area
- **Yoga pose.** Sit Indian style on the floor with your legs crossed. Lightly press your thumb and forefinger together at the fingertips while humming quietly.
- **Deep breathing.** Close your eyes, inhale deeply through the nose for 4 seconds, hold for 4 seconds, exhale through the mouth for five seconds. Repeat.
- **Push the wall.** Face the wall and place both hands against it with your feet back from the wall and push against the wall with steady pressure.
- **Cool your soup.** Use your hands to form a bowl in front of your mouth and pretend you are holding a bowl of very hot soup. Blow on it slowly to cool it down.
- **Count.** Pick things in the room you are in and count them slowly. It could be chairs, ceiling tiles, floor tiles, or anything else.
- **Name things.** In your mind pick a category like cities, names, teams, or anything that suits you and begin to name them. For a twist try to name one for each letter of the alphabet or after naming one, try to name another that starts with the last letter of the first word.
- **Count your breaths.** Without changing how you are breathing, first notice your breathing. Is it fast, slow, deep, shallow? Then begin to count. Count one on the inhale and two on the exhale and continue until you reach ten and then begin again.