



Mental Health in Schools Team Tips For Wellness



Emotion Regulation

Emotional regulation means helping children understand, express, and manage their feelings in healthy ways. When children can manage strong emotions, they're better able to learn, build relationships, and feel safe.

Our tips to support emotion regulation at home

1. **Stay calm first** – children co-regulate through your tone and body language.
2. **Name the feeling** – “I can see you’re feeling angry” helps children feel understood. You could try using an emotions wheel as a whole family to keep the conversation familiar.
3. **Pause before reacting** – give space for emotions to settle.
4. **Reflect later** – when calm, talk about what happened and what could help next time.
5. **Celebrate progress** – small steps make a big difference!
6. **Calming activities** – Simple strategies like deep breathing, counting to 10 or squeezing a stress ball give young people ways to calm themselves. Practice these when they are feeling calm, so they are easier to use during big emotions. Ensure you are also modelling these strategies!
7. **Keep a ‘calm corner’** - Create a cozy space with pillows, books, or fidget toys where children can self-regulate safely.

Use this QR code to watch a video explaining why we lose control of our emotions!



The Incredible Years Parenting Programme

A supportive, evidence-based programme for parents and carers focusing on:

- Strengthening positive relationships
- Promoting social and emotional skills
- Managing challenging behaviour with confidence

Available with MHST—ask your school for more information!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111.

Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.