



Encourage Children to Notice They Are Feeling Overwhelmed

Help children to notice they are feeling overwhelmed

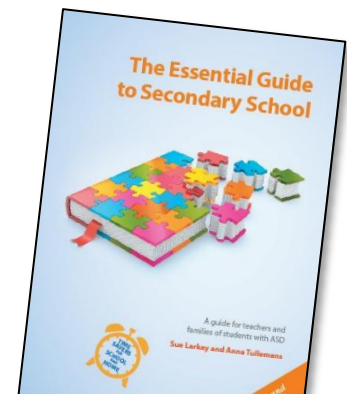
You can help children recognise what their bodies are saying by using an analogy of a car. The car has a dashboard with lights, and these lights tell us what is happening while the engine is running. It also tells us when our petrol tank is full or heading towards empty. Talk about how when the car is running hot you have to pull over and let the engine cool down. It's the same for us. When we are feeling hot and our engines are starting to overheat, we need to give our bodies a chance to cool down, that is to relax and help prevent ourselves from getting totally overwhelmed. If we wait too long, it may be difficult to stop our engine from becoming overheated. Tell children that we need to recognise the signs that we might be getting too hot or tired or frustrated before it's too late.

During the day help children to recognise when their body is feeling:

- Tired
- Hungry
- Red in the face
- Feel hot
- Feel frustrated

When they are capable of recognising these feelings give them ideas on how to 'cool down' such as:

- Do some yoga positions
- Deep breathing
- Use mindfulness
- Take a walk
- Ask to
 - Go for a drink of water
 - Go to the bathroom



See pages 76 – 78 Anxiety
The Essential Guide to
Secondary School

The Yoga Bear Cards are available
on my website:
www.annatulleman.com.au



- Listen to music
- Wear a hat for a little while
- Go outside and do something physical
- Use a squishy tool, stress ball etc
- Try imagining a thermometer that is slowly going down as you cool down



All sensory tools available at:
www.annatullemans.com.au

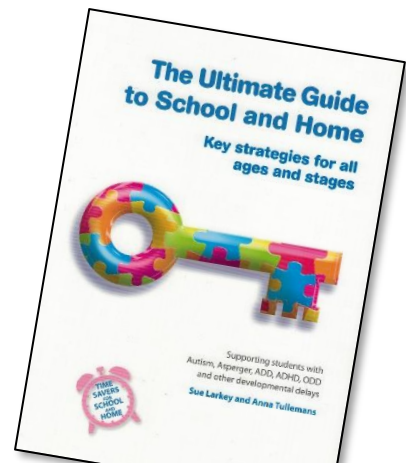
Arrange with the student to use these strategies by using a signal such as a visual cue that can be unobtrusive.



9 Important Body Signals to Teach Children to Recognise in Their Bodies

Following are some ideas of body signals to teach students to recognise a rise in their stress and/or anxiety levels:

- ✓ Muscles are tight
- ✓ A headache
- ✓ Stomach-ache
- ✓ Breathing rapidly
- ✓ Feeling faint or lightheaded
- ✓ Feeling sweaty
- ✓ Feeling cold or heated
- ✓ Clenched fist
- ✓ Feeling like losing control
- ✓
- ✓
- ✓ Add some ideas of their own as well as each person reacts and feels these emotions in a different way.



See page 83
 Develop Self-Calming Strategies

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