

SOS

SLOW DOWN, ORIENT, SELF-CHECK

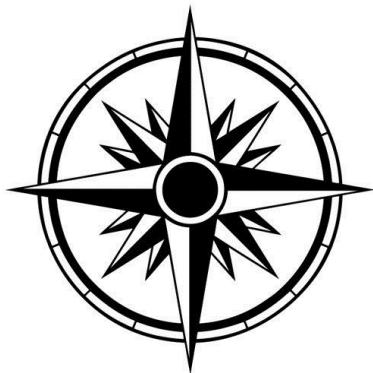
SOS helps students take a step back from the current situation to pause and notice what they are experiencing internally as well as externally. This helps them to be able to **respond rather than react**. Over time, this exercise can help students to become more aware of how they are feeling, and help get them ready to use other self-regulation activities. Here is how to guide a student through SOS:

Slow Down

Let's take a moment to slow down. Take a deep breath (or a few) and let your mind, body and spirit start to quiet down and calm.



Orient



Orient yourself to the here and now:

where you are: what room are you in? who is around you?

what you hear: who is talking? can you hear the heating or cooling system? do you hear anything else?

what you smell: is it sweet? lemony?

what you feel: feel your feet on the ground supporting you, your body sitting in your chair, the temperature of the air around you.

Self-Check

Now, check in with yourself and your feelings.

How much stress are you feeling now, on a scale of 1-10 with 1 being no stress and 10 being the most stress you have ever experienced?

How much personal control do you have right now on a scale of 1-10 with 1 being no control over your thoughts, behaviors and emotions and 10 being absolute control?

