



Reducing Stress (Social and Emotional Executive Functions)

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This is a stressful time for students. Parents and younger students can do this together, or older students can teach this to themselves and use it as needed.

Take a Breather Strategy - This calming strategy provides a process an elementary or secondary student can follow to calm himself or herself without bringing undue attention to the situation. Often by diverting the student's attention from the explosive situation to following a process, he or she can get through the situation without saying or doing something regrettable.

The Take a Breather Strategy involves the following sequence of steps:

Breathe deeply.

Rub my fingers together.

Eyes closed and open back up.

Ask myself how I am doing.

Toes moved up and down.

Hum a song silently.

Eyes closed and open back up.

Repeat until you feel calmer.

Taken in part from Strosnider, R. & Sharpe, V. (2019). *The executive function guidebook: Strategies to help all students achieve success*. Thousand Oaks, CA: Corwin Press, 148-149, 201-202, 286.