



Finding a steadier next step

The skill of relaxation · name: _____ · date: _____



Pressure can narrow attention and make the next reaction feel immediate. Self-regulation is the practice of noticing what is happening, making a little space and choosing from the support that is available. Nobody is calm all the time, and some situations need safety, help or a change in conditions.

What we are practising

By the end of this lesson, you can use the STOPP sequence and identify different forms of rest or support that may help them respond to pressure.

During the activity

Build a rest and support menu: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

How could someone use one form of rest from the lesson, such as a sensory or creative one, to steady themselves during a busy or stressful week?

Exit ticket · Finding a steadier next step

What does self-regulation mean, according to the lesson?

- a) Being calm and relaxed at all times, no matter what happens
- b) Avoiding any situation that might cause stress
- c) Noticing what is happening, making a little space and choosing from the support available
- d) Completing more tasks so you feel productive

I can use the STOPP sequence and name several forms of rest or support that may help under pressure.

☐ more than before ☐ about the same

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