

Attention Deficit/Hyperactivity Disorder: Parent Education Series – Managing Emotions

Tips for Managing Emotions

Parents can coach their children to identify their emotional state by using the Emotion Thermometer, try various regulatory strategies, and find the most suitable and effective ones to express and regulate their emotions.



Strategy :
Calm down (e.g. Take deep breaths, drink some water, countdown)

Strategy :
Use self-reminder statement (e.g. Stop and Think)

In choosing strategies, pay attention to:

- (1) Your own safety
- (2) Safety of others
- (3) Objects are kept intact
- (4) Appropriate to the situation

Strategy :
Engage in relaxation exercises (e.g. Muscle relaxation exercise)

Strategy :
Express your feelings positively (e.g. Write it, draw it)

