

At Wootton Park we believe...

*“Wellbeing...  
is a powerful tool to **grow** our own capabilities, independence, resilience and  
**realise** our own richest potential.”  
“We **strive** to ... **solve** our own problems, **generate** our own opportunities and  
equip ourselves to **thrive** in our future.”*



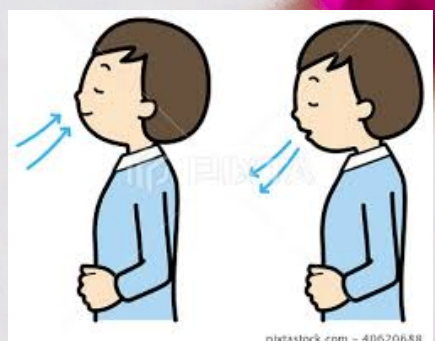
# Self-Regulation Strategies



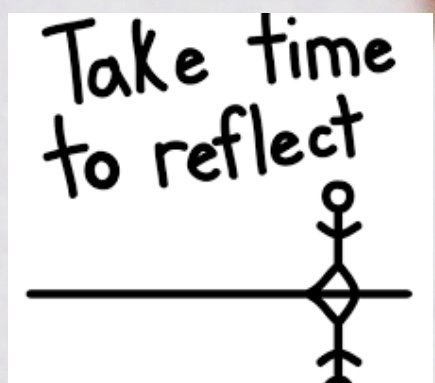
1. I keep my hands to myself, I do not want to hurt anyone or myself.



2. I walk away from what's making me angry or sad.



3. I can count to ten or take 10 deep breaths.



4. I can reflect on why I'm angry or sad.



5. I think about how I can solve the problem.



6. I ask for help if I need it.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to

[www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.