



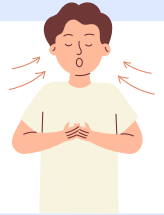
THEMBA TUTORS

Emotional Regulation Strategies for Tweens

Middle school can be overwhelming!

60% of students feel overwhelmed by emotions weekly

20% Deep breathing can reduce stress by 20% in just 5 minutes



30% EF coaching improves self-awareness by 30% in 6 months



25% Mindfulness practices improve attention span by 25%



50% Journaling emotions helps 50% of students develop better coping strategies



40% Social-emotional learning programs reduce classroom disruptions by 40%



Learn how to manage emotions, stay focused, and build resilience!

