

Self Regulation

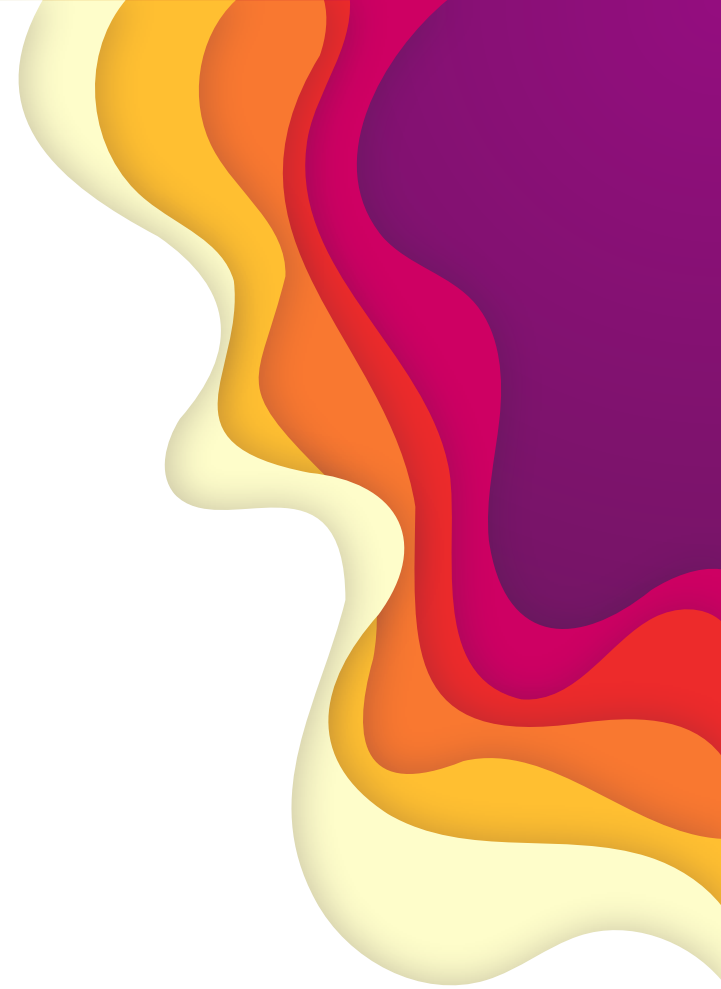
*Learning the
craft of Self
Control*



Presentation Objectives

To help understand what happens in your child's brain and body when they experience strong emotions

To help them understand ways to cope with certain emotions by calming the stress response.



Hello and Welcome!

I am Kirsten Stretton the
School Counselor at Cajon
park

Some quick reminders
before we start:

*This presentation is being
recorded

Self Regulation Defined

Self-regulation is the process that your child's brain goes through that gives them the ability to control their behaviors and emotions in response to a particular situation.

It's having the skill to calm yourself down when you get upset, to adjust to a change in environment or expectations, and to handle frustration without outbursts.





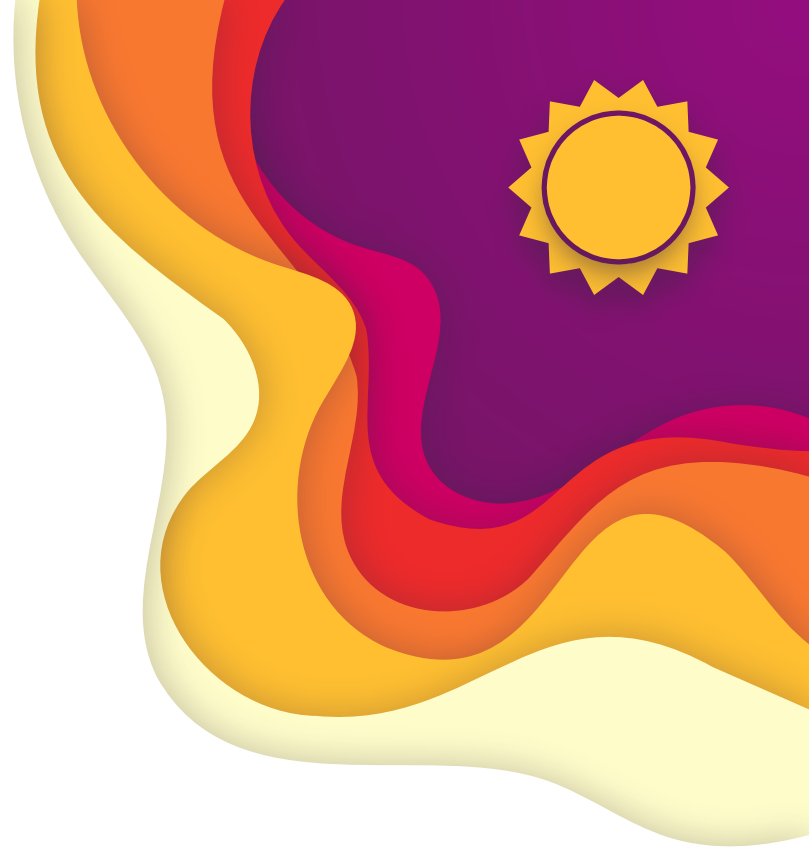
“

We are only human after all”

EMOTIONS ARE NORMAL AND
HEALTHY!!!!

The components of the craft

- Emotional vocabulary- Name it to tame it
- Stress response in the Brain- Understanding the bodies reaction
- Strategies to regulate emotions





Name it to Tame it

Building Emotional intelligence

Quick ways to develop feelings vocabulary with your child

EMOTIONAL

CHARADES

Getting a brain freeze!

Taking out the trash

Waiting for the bus

Falling off a bike

Doing homework

Doing the dishes

Winning a race

Home with the flu

Roasting marshmallows

Dropping and breaking your phone

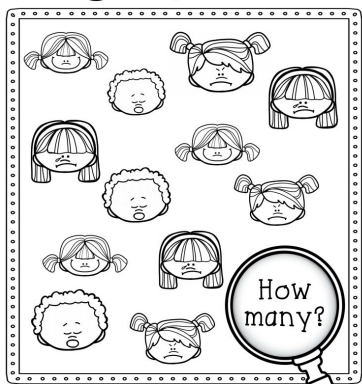
Practicing the piano

Texting your crush



I SPY

Name: _____



© Tiny Tickers Therapy 2018

Name: _____ Date: _____ Activity: E-11

Emotions and Music

Directions: List songs that cause the emotions listed below. For example active emotions could be caused from dance music, festive emotions could be caused from holiday music. Different people may feel different about the same type of music. Consider drums, piano, guitar, and even cartoon or various theme songs when completing this activity sheet.

Emotion	Song/Music
Active	
Alert	
Depressed	
Excited	
Festive	
Glad	
Happy	
Joyful	
Mad	
Patriotic	
Peaceful	
Relaxed	
Sad	
Scared	
Silly	

Directions: Write your answer in spaces provided below.

1. Do you think music influences mood? Explain why or how.

2. What songs could help you relax when feeling stressed?

3. What songs could help motivate you when feeling sluggish?

4. What is your favorite type of music?

5. What did you learn about yourself from this activity?

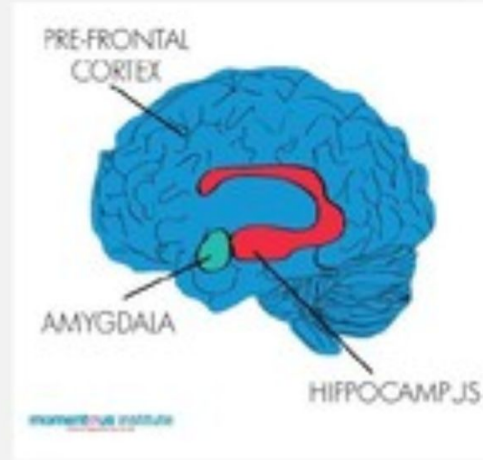
6. How could you use music help you?

The Brain and Emotions

KEY PLAYERS IN THE BRAIN

These three key players help you respond to stress and make decisions.

The limbic system includes the amygdala and the hippocampus. It helps you to control emotions deep inside the brain.

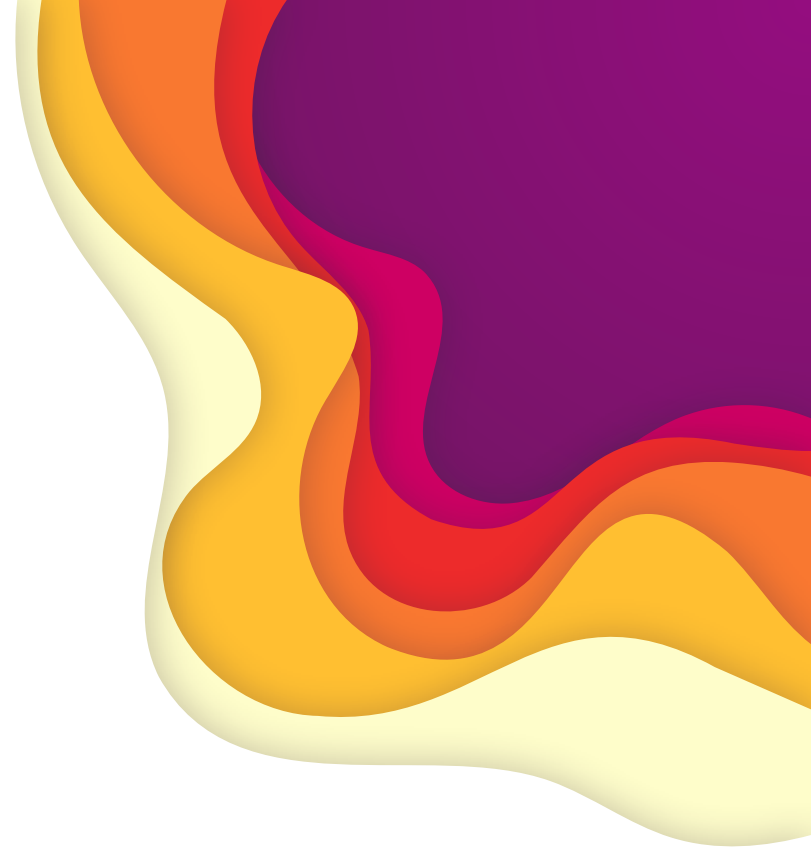


Pre-Frontal Cortex

**Learning, Reasoning,
& Thinking**

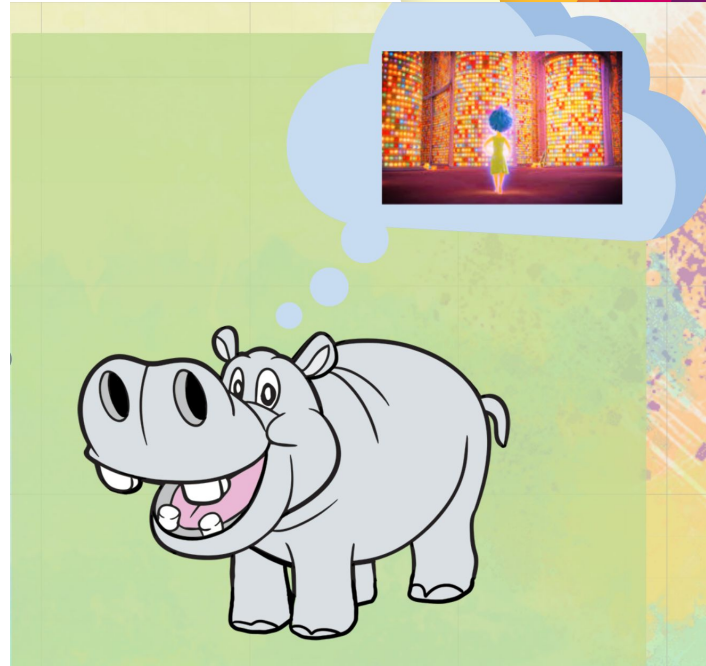
Attention & Focusing

Decision Making



Memory Center

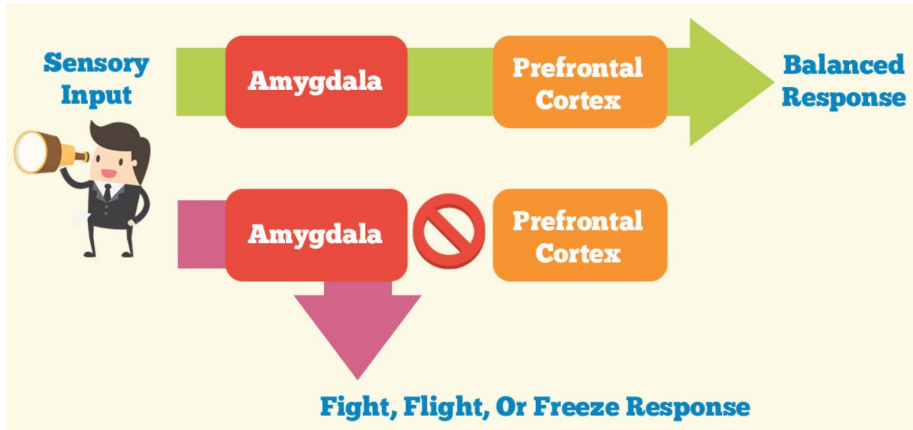
Stores and recalls
Memories



Amygdala

Emotional Center
"Security Guard"

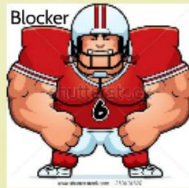
Reacts to Fear, Danger, & Threat
Fight, Flight, or Freeze



TEAM BRAIN



Prefrontal Cortex:
Helps pay attention &
make good choices.



Amygdala :
Alert to danger and keeps you safe. Also
expresses emotion, such as anger & fear.
Sometimes moves early = penalty.



Hippocampus:
Remembers old games
and has the playbook.

IN ORDER TO DO WELL,
WE NEED THE WHOLE TEAM

TEAM BRAIN

TO WORK TOGETHER

The Stress Response in our bodies

https://youtu.be/5r_DY2Wz3-s?t=48

Pre-K-K

How My Body Feels Happy

Identify how your body feels happy. Cut out the words below and paste them by each body part or write in your own.



My head is _____

My mouth is _____

My hands are _____

My tummy is _____

My feet are _____

Smiling
Still

Comfortable
Clear

Calm

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MY FEELING BODY

NAME: _____

My face feels _____

My eyes feels _____

My ears feel _____

My mouth feels _____

My hands feels _____

My belly feels _____

My feet feel _____

PUT FEELING CARD HERE

Use with PDF Feeling Cards



Strategies to Regulate Emotions

What are they?

What is the science behind them?

Lets talk Science

Sensory Input

PLEASURABLE

THREAT

5 Senses

The part of your brain working as a filter to manage sense perception is called the Reticular Activating System (RAS)



Self Regulation Strategies

1

Anywhere body break

2

Tools (Fidgets)

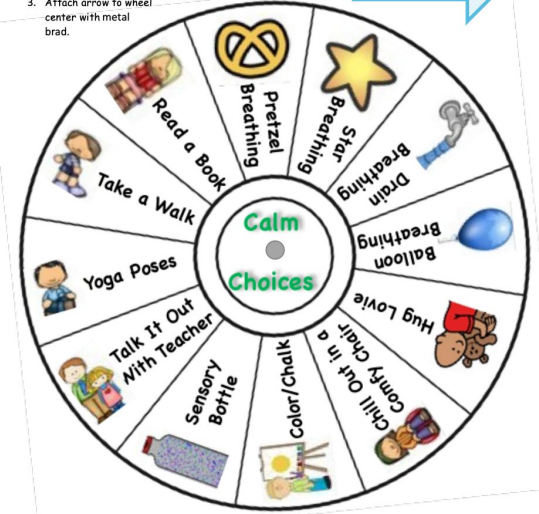
3

Big Body breaks

Calm Choices Wheel

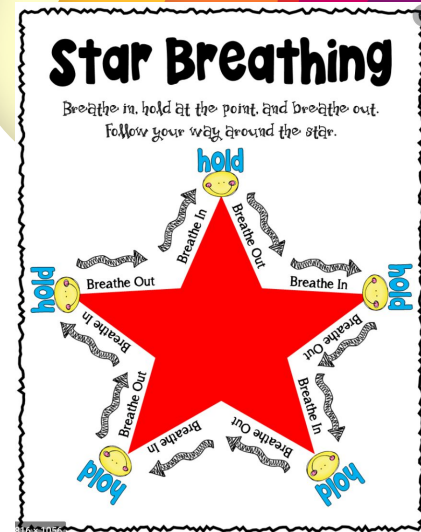
Problem-Solving and Self-Regulation

1. Print on cardstock and laminate.
2. Cut out arrow and wheel.
3. Attach arrow to wheel center with metal brad.



Anywhere body breaks

Use as 1st line of defense
You can do them anywhere
Put your feeling into the movement



Squeezes

How: Squeeze up forearms, upper arms and shoulders firmly to a count of five. Massage shoulders. Breathe deeply. Change to other arm.

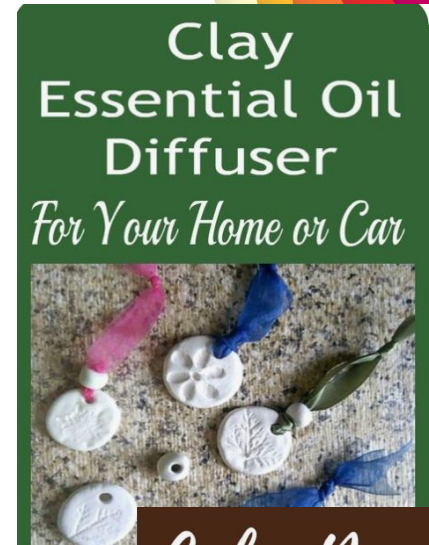
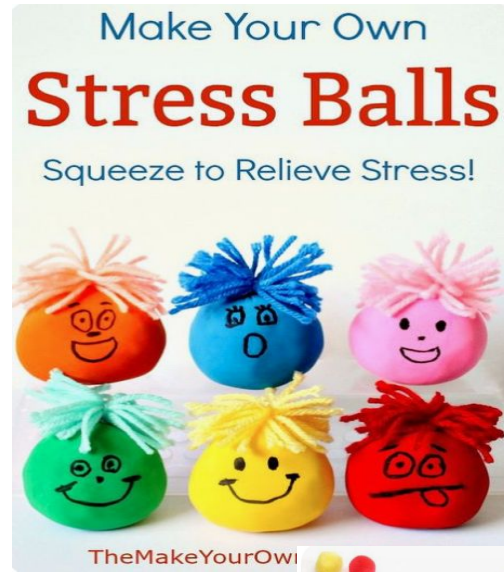
Why: Help you relax and reduce stress.

Tools and Fidgets

Rule #1- They are not toys

Rule# 2- Using the wrong tool can make it worse

Rule#3- While using eyes must be on the work you are doing



BIG BODY BREAKS

Join us for next week's Coffee with the Counselor presented By Tracie Fernandez-Perez (School Counselor at Rio Seco) to discuss Whole body strategies and mindfulness!





Thanks!

Any questions?