

Coffee with a Counselor

February 8, 2023

Helping our Children with Self-Regulation
Handling BIG EMOTIONS

What is self-regulation

Turning Red

Confidence comes from the ability to self regulate. **Self regulation is the ability to process life around you and respond to it rather than reacting to your emotions.**

Reacting to your own emotions is exhausting and feels like a never ending cycle of stress.

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Knowing is power

1

NOTICE and identify the feeling

2

THINK ABOUT coping skills that can make you feel better

3

TAKE ACTION by practicing one or more coping skill

Help your child identify their TRIGGERS

Sportsmanship-



losing the game

Academics



failing a test, too much homework

Embarrassment-



making a mistake in public

Sensory



too loud, too crowded, too itchy, too

Hangry-



hungry or thirsty or tired

HOW TO CHECK IN WITH YOURSELF-

What am I thinking?

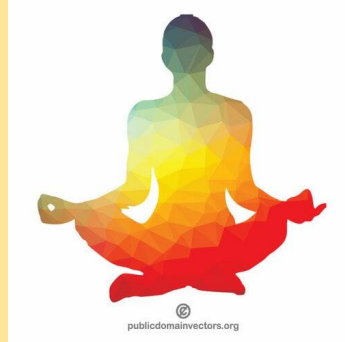
What do I feel in my
body?

How do I act when
I feel this way?



Four Categories of Coping Skills

Relaxing such as breathing



Movement such as doing a sport or activity



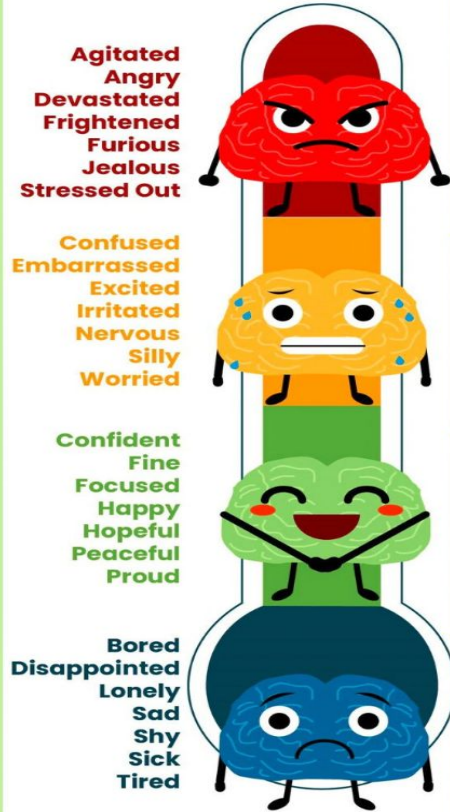
Distracting such as drawing, reading or resting



Thinking such as self-talk and affirmation



Feelings Thermometer



How Do You Act?	What Can You Do About It?	
Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping	 Count to 10 or 100  Tell an adult  Move your body or exercise	 Stop, and walk away  Take deep breaths  Take a nap  Practice grounding techniques
Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated	 Take deep breaths  Take a break  Pause, and ask for help	 Use positive self-talk  Relax and try again  Tense and relax your muscles  Think of a peaceful place
Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself	 Smile & practice gratitude  Help someone else	 Use kind & positive words  Take steps toward your goals  Exercise  Keep listening  Write about your successes
Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed	 Get or give a hug  Talk to friends or family  Get some fresh air	 Stretch  Listen to music  Move your body or exercise  Do a hobby you enjoy

*Take deep breaths *Do a positive activity *Play sports *Think of something funny *Take a quick walk
*Practice yoga *Stand up and stretch *Listen to music *Take a time out *Slowly count to ten *Use
positive self-talk *Say something kind to yourself *Talk to a friend *Talk to an adult *Close your eyes
and relax *Say, "I can do this" *Visualise your favourite place *Think of something happy *Think of a
pet you love *Think about someone you love* Get enough sleep* Eat a healthy snack* Read a good
book* Set a goal* Jog in place *Write in a journal *Hum your favourite song *Doodle on paper *Draw a
picture* Colour a colouring page *Clean something *Meditate* Use a stress ball* Dance *Write a letter
*Look at pictures you've taken *Make a gratitude list *List your positive qualities* Do something kind*
Give someone a hug* Put a puzzle together *Do something you love* Build something *Play with clay*
Hug a stuffed animal* Rip paper into pieces* Play an instrument* Watch a good movie* Take pictures*
Gardening*

Write a list Keep a positive attitude* Schedule time for yourself* Blow bubbles* Write a positive note*
Chew gum* Paint your nails* Write a story* Blog* Read a joke book* Write a poem* Drink cold water*
Draw cartoons *Read a magazine* Write a thank you note* Count to 100* Make a list for the future*
Read inspirational quotes *Compliment yourself *Visualise a stop sign* Laugh* Smile in the mirror*
Smile at others* Do schoolwork* Look at animal pictures* Hyperfocus on an object* Notice 5 things you
can see* Paint with watercolors* Use a relaxation app* Watch a funny video* Drink some tea* Cook or
bake* Plan a fun trip* Use an I-statement *Identify your emotions* Express your feelings to someone*
Write down your thoughts* Identify a positive thought *Make your day's schedule* List 10 positives
about you* Ask yourself, "What do I need right now?"* Tell someone you are thankful for them* Pet an
animal* Make a list of choices* Ask an adult for help *Organise something* Play a card game* Listen to
nature sounds *Sit and relax all your muscles *Ask for a break

Never Underestimate Role Modeling

- Manage our own stress
- Set realistic goals for yourself and child
- Know your coping skills
- Practice self-care
- Hold back on punishing
- Celebrate the small successes



**ALL
FEELING
ARE OK!**

It's GOOD to feel lots of different emotions



All of our emotions are important and help us at different times.

We are learning to self-regulate.