**Self-Regulation**

* Self-regulation is the physical/mental/emotional ability to handle ups and downs.
* Children, teens, and adults all need ways to self-regulate.
* Some people have negative ways to self-regulate such as cutting, over eating, angry outbursts, drug use, etc…
* To create new ways to self-regulate takes lots of repetition and practice so that we build new neuron pathways in the brain.

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| * Why is self-regulation important?   + Improves self-esteem   + Increases learning   + Improves self-control   + Increases positive relationships   + Improves self-directedness   + Increases engagement | * Why do some people have difficulty self-regulating?   + Biological – neurological differences   + Psychological – disrupted attachment relationships   + Environmental – overload of sensory activating experiences, over scheduled, over managed, overdone, nature deficit disorder, lack of unstructured play time   + Have not been taught skills and strategies |

* Regulating Activities – pick the ones that work for you. Regulating activities are meant to calm the brain. Try to pick activities that activate both the left and right side of the brain.
  + *Relaxing pictures (oceans, beaches, mountains, …) - visualization*
  + *Breathing activities*
    - *Flower and candle*
    - *Flower breath*
    - *Hissing breath*
    - *Bear breath*
    - *Bunny breath*
  + *Using the sense of smell*
    - *Smelly markers*
    - *Essential oils (add to Play dough, bed sheets, Kleenex, bath water, back pack)*
  + *Yoga*
  + *Massage*
  + *Rocking*
  + *Singing*
  + *Trampoline*
  + *Bouncing/throwing a ball back and forth*
  + *Swings*
  + *Jump rope*
  + *Music –listening, playing an instrument*
  + *Felting*
  + *Butterfly hug*
  + *Animals*
  + *Dance*
  + *Drumming*
  + *Sandtray*
  + *Puppets*
  + *Gardening*
  + *Art – painting, drawing, sculpting*
  + *Hacky Sack*
  + *Stress ball*
  + *Walking/running*
  + *Racking/shoveling*
  + *Swimming*
  + *Pressure vest/weighted blanket*
  + *Shooting hoops*
  + *Hitting baseballs or golf balls*
  + *Knitting*
  + *Meditation*
  + *Playing solitaire with cards*
  + *Fish tank*
  + *Wall pushin*
* Other tips
  + Make environmental modifications to decrease over stimulation
  + Add sensory breaks and recovery times during your day
  + Develop 'safe areas' to escape and recover
  + Self-regulation is the most successful when it involves:
    - A positive relationship
    - Use of all the senses
    - Lots of pattern and repetition
* Resources
  + [www.kidsinthehouse.com](http://www.kidsinthehouse.com)
  + [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)
  + <http://thebrain.mcgill.ca>
  + [www.kidsrelaxation.com](http://www.kidsrelaxation.com)
  + [www.drdansiegel.com](http://www.drdansiegel.com)
  + [www.centreforexpressivetherapy.com](http://www.centreforexpressivetherapy.com)
  + [www.mindcheck.ca](http://www.mindcheck.ca)