**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
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* 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)