



Instructions

The Self-Regulation Toolkit

How to use The Self-Regulation Tool:

This tool aims to help parents, teachers, family members, caregivers, aupairs, grandparents and others to help children express their emotions and learn how to cope.

Self-Regulation is the ability to control emotions, thinking, behaviour and motor actions in different situations. When a child experiences dysregulation they aren't able to diffuse their negative emotions. These emotions can take control leading to over-the-top reactions, outbursts, or meltdowns.

In your toolkit you will find a poster and a sticker.
The sticker is a cutout human that your child will use.

Step 1: Cut out the picture of the person with your child. Ask them to decorate this and make it their own. This cutout is going to represent them.

Step 2: Go through the poster with your child and explain to them the different zones of feelings.

- **Green Zone:** This zone represents the ideal state of alertness. This is when a child can focus clearly and feels happy, content or focused.
- **Yellow Zone:** This zone represents a heightened state of alertness. This is when a child feels confused, frustrated or anxious.
- **Blue Zone:** This zone represents a low state of alertness. This is when a child feels sad, withdrawn, nervous or tired.
- **Red Zone:** This zone represents an extremely heightened state of alertness. This is when a child feels angry, upset, aggressive and defiant.

Our goal is to teach children how to identify and regulate their emotions to help them get back to the green zone.



On the poster you will see the different zones represented by the coloured circles, underneath is the feelings associated with this zone, followed by the types of behaviours expressed and something to do.



Step 3: Ask your child to pick which zone they are in and stick their person there. Discuss the zone they selected and help your child get back to the feelings in the green zone. There are numerous different activities that can help here. You will find these at the bottom of this document.

Step 4: When you can see that your child is not happy or when they are frustrated you can ask them to go and stick their person on the zone that they are in.

It is important that you remember to be open minded and approachable around your child's emotions. Sometimes they might not know why they are feeling this way - that is okay.

Our goal is to help children identify their emotions, understand what zone they are in and choose healthy behaviours to regulate their emotions.



This toolkit can help families communicate, understand and appreciate each other. Both you and your child go through stress and pressures during the day. It is okay to be tired at the end of the day.

Be open and talk about it. Sometimes we all just need to take a couple of breaths, maybe do a silent scream or two and get back into the green zone.

Here are some ideas of things you and your child can do to get back into the green zone:

(Try come up with your own ones as a family too)

1. Take 5 deep breaths
 2. Think of something that makes you laugh
 3. Go for a walk
 4. Slowly count backward from 10
 5. Squeeze a stress ball as hard as you can
 6. Swing on the swings
 7. Draw a picture of something that makes you happy
 8. Write a letter
 9. Listen to music
 10. Play with playdough
 11. Color a picture
 12. Use positive self-talk
 13. Make a list of things that you love
 14. Close your eyes and think about your favorite place
 15. Read a book
 16. Rip up paper
 17. Scream into a pillow
 18. Do some yoga
 19. Ask for a hug
 20. Hang upside down
 21. Chew a piece of gum
 22. Build with Lego
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23. Bounce on a therapy ball
24. Do 10 jumping jacks
25. Blow bubbles
26. Make funny faces in the mirror
27. Pop bubble wrap
28. Do a Dance
29. Watch a calm down bottle
30. Jump on a trampoline

Thank you so much for trying out my toolkit.
I hope you and your family find some value in it.

I would love to hear your feedback so that I can make more resources to help more families.

Thank you,

A handwritten signature in black ink that reads 'cayley jorgensen.' The signature is written in a cursive style and is set against a light teal, brush-stroke-like background.

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