

SELF-REGULATION For Kids

STRATEGIES FOR EMOTIONAL REGULATION AND FOCUS

Deep Breathing Exercises:

- Teach children Diaphragmatic breathing/ Belly breaths to help calm the nervous system.
- Encourage them to take slow, deep breaths, counting to inhale and exhale (longer out breaths), promoting relaxation.

(Zelazo & Lyons, 2012).



Mindfulness Activities:

- Introduce age-appropriate mindfulness exercises, such as guided sleep meditations or focused attention on the present moment.
- Mindfulness is associated with improved emotional regulation and attention.

(Crescentini et al., 2016)



Sensory Regulation Techniques:

- Provide tools like stress balls or sensory bins to help children manage sensory input and self-soothe. (Case-Smith & Bryan, 1999)
- Sensory regulation contributes to emotional well-being and focus.

Emotional Recognition and Expression:

- Teach children to identify and express their emotions through activities like drawing or storytelling. (Eisenberg et al., 1996)
- Acknowledging and expressing emotions promotes self-awareness. Lead by example and become an 'over-sharer' with your children.



Visual Timers and Schedules:

- Use visual aids like timers and schedules to create a structured environment.
- Predictability and routine can be comforting, assisting in emotional regulation. (Hume et al., 2016)