

# 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)

