

EMOTIONAL REGULATION WITH ADHD



01 Books & Workbooks

For Parents & Caregivers:

- The Whole-Brain Child – Dr. Daniel Siegel & Tina Payne Bryson
- How to Talk So Kids Will Listen... – Adele Faber & Elaine Mazlish
- Raising Human Beings – Dr. Ross Greene

For Kids (Ages 5–10):

- A Little Spot of Emotion Series – Diane Alber
- The Way I Feel – Janan Cain
- Mindful Kids (Activity Cards) – Whitney Stewart

02 Tools for Emotional Regulation

- Zones of Regulation – Color-coded zones to help kids identify and manage emotions
- Feelings Chart – Use daily to name and track emotions
- Calm Corner Kit – Fill with fidgets, soft textures, books, drawing pads
- TherapistAid.com – Printable emotion wheels, grounding exercises
- Headspace for Kids – Guided meditations & breathing for focus and calm

03 Coping Skills Toolbox

- 5-4-3-2-1 Grounding – Use senses to calm anxiety
- Breathing Buddy Exercise – Lie down with a stuffed animal on the belly
- Emotion Dice – Roll and talk about emotions + matching coping strategy
- Story Time with Emotions – Discuss character feelings & responses
- Music & Movement Breaks – Use playlists to shift or match moods

04 Parent Support & Strategies

- Practice name it to tame it (labeling emotions helps regulate them)
- Use visual cues or social stories to prep for transitions
- Validate feelings before correcting behavior
- Model self-regulation ("I feel frustrated, so I'm going to take a deep breath")
- Use positive reinforcement for emotional growth, not just behavior

💬 "Big feelings are okay. Learning how to manage them takes practice."
💖 You're doing great—every calm moment builds a stronger connection.
📧 Questions or need more support? Reach out to an ADHD expert at Thrive Counseling Center.