



## self regulation ideas

### FOR CHILDREN AT CHURCH



#### PLAY A MINDFUL GAME

Connect children's movements with their senses. Play a game that allows children to focus on the present moment, such as Simon Says, or freeze dance, before exploring the bible story or Sunday School activity.

#### FAMILIAR ITEMS

Offer different sensory items, including weighted toys (or lap pads) and tactile materials that children can access at any time when they feel overwhelmed. The familiarity of the item can help children feel calm.



#### TAKE "TIME IN" A CALM SPACE

Allow children to spend time in a calm and quiet space to reset and refocus. Ask their permission if they want a hug, to talk, sing, or just sit together in silence. Create a "peaceful place" by designating a safe space, hidey-hole, or tent so a child can reset.



#### BREATHING EXERCISE

Introduce children to various fun breathing techniques, such as belly breathing, rainbow breathing, or controlled breathing. Breathing is a great way to calm down when children are feeling overwhelmed.



#### DRAWING EMOTIONS

Encourage children to identify their emotions through drawing. Provide prompts to allow children to express how they are feeling at the moment.



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We will offer a wealth of free resources, including sensory materials, shared equipment, Wonder Boxes, skill-building workshops, and conference scholarships.

Synod of the Sun congregations receive full access, while non-Synod churches can enjoy most free offerings and join our waitlist for additional materials. Stay up-to-date on free workshops, resources, and seasonal items by signing up for our updates!



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