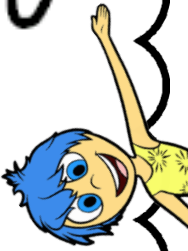


# Emotional Regulation



## What is it?

- The ability to effectively manage and respond to emotional experiences

## Why is it important?

- To help children identify how they are feeling and teach efficient **self-regulation** strategies
- To teach children that there are no 'bad' emotions, but to recognize whether their emotional response is appropriate to the situation. For example, crying for a week after you drop your ice-cream on the floor is not an appropriate emotional response to the situation.

## What can I do?

- Talk to your child/student about how they are feeling, help them to identify the emotion.
- Talk about their body cues when they feel that emotion (e.g., "You are crying. Are you sad?")
- Discuss why they are feeling a certain way, has anything happened?

## Fidgets, Water and Snacks

- Fidgets help students stay regulated by allowing proprioceptive movement. "Fidgets allow movement without having to actually move around. Manipulating a fidget provides the tactile stimulation the mind is craving, which can calm the child and allow her to stay on task." (DeMeo, W. **When Nothing Else Works**. Retrieved from <https://www.kaplanco.com>)
- Staying hydrated is essential for emotional regulation. Even at low levels, dehydration can cause changes in thinking, behavior and mood.
- Snacks are simple ways to keep students regulated. Even minor drops in blood sugar levels can lead to difficulty concentrating and listening. It may also lead to student irritability or anxiety.

## The Zones of Regulation: BLUE / GREEN / YELLOW / RED



Sad Sick Bored Sleepy Moving Slowly	Good to Go! Happy Calm Focused Ready to Learn!	Frustrated Worried Scared Silly Excited	Angry Mad Yelling Out of Control I need some space
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