



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
is proudly supported by



EVANS
PROPERTIES

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Living Locally
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Self-Regulation



Self-regulation is the ability to recognise and manage the emotions you're feeling. Self-regulation can be used to calm or to energise, depending on the situation. It is the character strength that allows us to stay calm in stressful situations and stay on task when our minds wander. There are many ways to help self-regulate our emotions, and the first step is identifying how we're feeling. Strong emotions such as frustration, sadness or anger can be difficult to calm without having a toolbox of strategies to draw upon when needed.

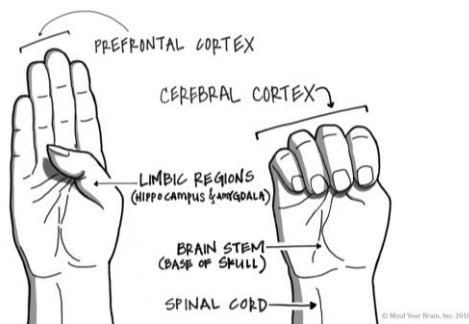
A Research Based Approach

Why do we lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8>

[CkFc](#)

Hand Model of the Brain



12 THINGS YOU CAN DO WHEN YOU'RE FEELING STRONG EMOTIONS (WHEN IN PUBLIC)

1. Ask to be excused or leave the room for a moment. You can say you're going to the bathroom.
2. Go somewhere where you can be alone and take a few deep breaths.
3. Go outside for a moment.
4. Ground yourself in the room. Find something you can touch, hear, or smell.
5. Make a note of what you're feeling and what happened (record a voice memo or write it down). Promise you'll process it later.
6. Tell yourself, "I know this is overwhelming. What's happening right now needs my attention and I'm going to process it later. I will work on this (time)."
7. Use positive self talk or self coaching to get yourself back in the moment.
8. Splash cold water on your face.
9. Listen to music.
10. Find something to play with in your hands and direct your attention to that.
11. Reach out to a support person and let them know you're having a hard moment and really want to talk about it later.
12. Take a walk, stretch, or move in some way.



A Collaboration with Whitney Goodman, LMFT & Big Life Journal



Free Mindfulness App

Smiling Mind

<https://www.smilingmind.com.au/>



Smiling Mind is a non-for-profit, app based mindfulness program. Available for individuals, families, schools and workplaces, their free app provides a wide range of mindfulness and guided meditation experiences which allows people to tune in with how they're feeling and provide ideas to help when it's needed.

Some simple ways to self-regulate include taking some deep, slow breaths, removing yourself from the trigger, going for a walk, using large muscle groups by pressing against a solid surface, giving yourself a hug or listening to music. Practising these when you're calm allows you to use them more easily when you're feeling stressed or under pressure.

Grounding and mindfulness exercises practised regularly allows children to develop a range of coping strategies they can use when the need may arise to help check in with themselves and regulate themselves.

Self-Regulation



I manage my feelings and actions and am disciplined and self-controlled.



4 CREATIVE WAYS TO HELP YOUR CHILD PROCESS THEIR EMOTIONS

SO THAT THEY CAN PROBLEM-SOLVE LATER

YOUR CHILD IS NOT ABLE TO PROBLEM-SOLVE WHEN THEY ARE EXPERIENCING BIG EMOTIONS. FIRST, THEY JUST NEED TO FEEL



1 ASK THEM TO DRAW THEIR EMOTIONS

Offer ways to get them started:

- ◊ "I use jagged lines when I'm angry."
- ◊ "I use gray colors when I'm sad."
- ◊ "When I get frustrated, I just like to scribble like crazy."

2 ASK THEM TO WRITE THEIR EMOTIONS

Guide them with them ideas:

- ◊ "Let's make a list of why this is unfair."
- ◊ "What words describe how you feel?"
- ◊ "It doesn't have to make sense, just let it out."

3 ASK THEM TO DESCRIBE HOW THEIR BODY FEELS

Give them examples:

- ◊ "My shoulders often feel tight when I'm angry."
- ◊ "You are clenching your hands."
- ◊ "When we are aware of how our bodies feel, we can calm each part."

4 USE MAGICAL THINKING TO REDIRECT THEIR ENERGY

Offer ideas:

- ◊ "If you had magic powers, what would you do now?"
- ◊ "If you could go back in time, what would you change?"
- ◊ "If you were a superhero, how would you calm your body?"

THESE ACTIVITIES...

- ◊ Encourage self-awareness.
- ◊ Let your child choose how to express themselves.
- ◊ Show them that you validate their experience and accept their big emotions.