



# GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program  
is proudly supported by

## EVANS PROPERTIES

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### What is Self-Regulation?

Self-Regulation is the ability to understand how we are feeling and know what to do to help ourselves stay in control. This might be some deep breaths to help calm ourselves when we are angry, to take a short, energising break if we are feeling flat or to manage impulses like eating a whole packet of chips in one sitting. These skills need to be explicitly taught and explained as children grow up so they can experiment and try things out to see what works for them.

### How can I help my child self-regulate?

Notice their emotions. Self-Regulation is a challenging combination of self-awareness and then knowing what to do when they are feeling big feelings.  
Model being self aware. Explain that you are taking some deep breaths when you're frustrated to help you calm down. When energy is low, head outside and ground yourself in nature for a few mindful moments and talk with your child about how that makes you feel.



## Self-Regulation



### Self-Regulation



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



### Understanding Our Brains

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



### Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

The Hand Model of the Brain – Dr Siegel  
<https://www.youtube.com/watch?v=gm9CIJ74Oxw&t=15s>



### What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.

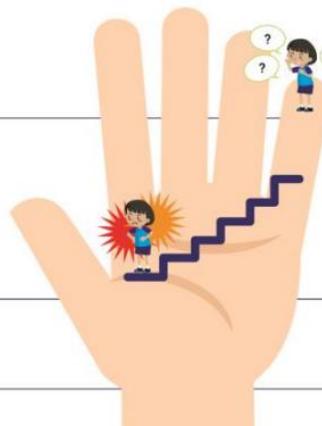
### balanced brain

Your brain is working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mind brain, making it feel safe.



### 'flipped your lid'

Upper and lower parts of the brain are no longer connected and talking. Logic no longer influences emotions. You've "flipped your lid".



## Brain Hand

### Upstairs brain

prefrontal cortex & cerebral cortex

- Thinking
- Problem solving
- Body control

### Downstairs brain

amygdala

- Strong emotions
- Fight, flight or freeze response

brainstem

- Automatic functions
- Breathing
- Digestion