

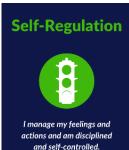
## What is Self-Regulation?

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?

Help them 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.





**Understanding Our Brains** https://www.youtube.com/ watch?v=eVhWwciagOE

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

Follow the link: https://gumdaless.eq.edu.au/supportand-resources/wellbeing

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

# CoordiKids

### HOW DO YOU FEEL?

Find the child that looks like you







Bored / Sad Wants to get out





Worried / Fed-up Frustrated / Silly Too excited / Fidgeting



Angry / Yelling Fighting / Screaming Crying / Very scared

## TRIAL SOME STRATEGIES TO BE LIKE HAPPY CODI

Write down below what works for you

CK Classroom Course

Listen to music **CK Classroom Course** 

Take a break / ask for help Deep breathing Push-ups **CK Classroom Course** 

Walk away from others Go to your safe place Hit/kick a ball or big cushion Go for a run/walk