



GROW Well Strengths-Based Curriculum

Always Our **Best**



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Self-Regulation



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

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.

The GROW Well Guide to Self-Regulation

1



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Think

2

Ask myself: How am I feeling?

Scan my body to see what clues or signals it is giving me

3

Try:

Drink some water

Star breathing

Having some quiet time alone to calm yourself



Counting backwards from 10 slowly

Press your palms against each other hard

Squeezing fists tightly then releasing

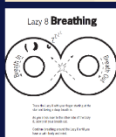
Chair push ups

Belly breaths

Taking a walk Thinking calm thoughts

Use a calming tool or toy like playdough

Think about what you are grateful for



Take a free
mindful
moment



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.

BigLifeJournal.com

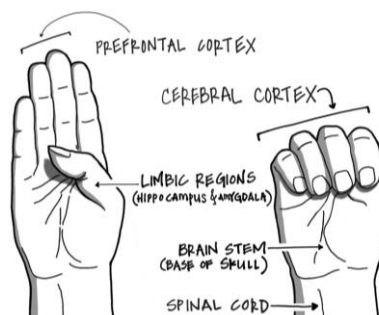


A Research Based Approach

Why do we lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8CKFc>

Hand Model of the Brain



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