



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
is proudly supported by



EVANS
PROPERTIES

0411 700 708
Living Locally
Selling Locally




Self-Regulation



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

Self-regulation is the ability to recognise and then 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, worry, sadness or anger can be difficult to calm without having a toolbox of strategies to draw upon when needed.

It's vital to practise Self-Regulation when we are feeling calm. Trying to develop a new skill when we are under stress is not a good time to try checking in and managing our feelings for the first time. Try to build a brief check in into a morning or bedtime routine, focusing on noticing any cues our bodies are giving us. When we know, for example, that our muscles get tight when we are stressed or our tummies feel churned when we are worried or scared, we can associate these cues to help us know how we are feeling.

Only then can we start choosing strategies that might help us; such as deep breaths, a movement break, clenching and releasing our muscles or a fidget tool.

Knowing how to read the clues our bodies give us is also a very important skill in personal safety, and knowing what to do if our body is telling us something doesn't feel right. This practice is a lifelong one, but especially important as we learn about how things make us feel.

The GROW Well Guide to Self-Regulation

1



&



Think

2

Ask myself: How am I feeling?

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

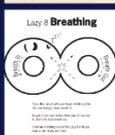
3

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



A Research Based Approach

Why do we lose control of our emotions?

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

Hand Model of the Brain

