



Gumdale State School Student Wellbeing Program
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PROPERTIES

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Living Locally
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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?

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.


Self-Regulation



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

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/support-and-resources/wellbeing>

The Hand Model of the Brain – Dr Siegel

<https://www.youtube.com/watch?v=gm9CUI740xw&t=15s>

CoordiKids

HOW DO YOU FEEL?
Find the child that looks like you

CoordiKids.com

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 <p>Sleepy / Tired Sick / No energy</p>	 <p>Bored / Sad Cannot focus on work Wants to get out</p>	 <p>Happy / Calm Ready to learn Reay for fun / Focused</p>	 <p>Worried / Fed-up Frustrated / Silly Too excited / Fidgeting</p>	 <p>Angry / Yelling Fighting / Screaming Crying / Very scared</p>
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TRIAL SOME STRATEGIES TO BE LIKE HAPPY CODI
Write down below what works for you

<p>10 x star jumps Go for a walk Log rolling on the carpet CK Classroom Course</p>	<p>Listen to music Stretch arms Use a fidget toy CK Classroom Course</p>	<p>Play with others Learn Work Smile and laugh</p>	<p>Take a break / ask for help Deep breathing Push-ups CK Classroom Course</p>	<p>Walk away from others Go to your safe place Hit/kick a ball or big cushion Go for a run / walk</p>
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