

# Self-Regulation

What is it and how can I incorporate it with my children?

## What is Self-Regulation

**Emotional self-regulation or emotion regulation** is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed. It can also be defined as extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions. Emotional self-regulation belongs to the broader set of emotion-regulation processes, which includes both the regulation of one's own feelings and the regulation of other people's feelings.

Everyone feels frustrated, excited, or overwhelmed sometimes! And it can be hard to know what to do to calm ourselves down. Below are some activities to slow down your breathing and focus your attention, so better choices can be made and conflict can be solved.

<https://momentousinstitute.org/>

## Use a Glitter Jar

Shake the glitter jar. This is what your brain is like when you are full of emotion. It is hard to think clearly and make good decisions. Breathe in and out slowly as the glitter falls and you can see through the water. Shake the glitter jar and breathe as the glitter settles as many times as needed to feel calm.



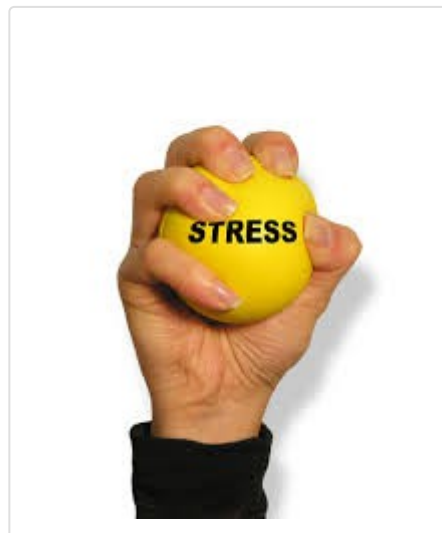
## Watch an Hourglass

When you feel excited or anxious it can be hard to sit still. When we take a minute to calm down, we can breathe and calm down our feelings. Sit still and watch the sand fall as you take deep breaths.



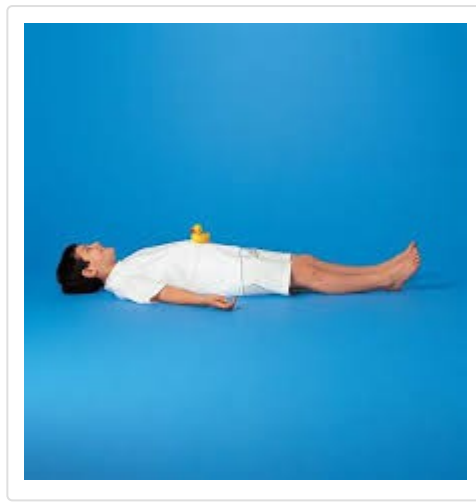
## Squeeze a Stress Ball Ten Times

Squeezing a stress ball can help you focus your energy and can calm you down when you are excited or upset. Try squeezing the stress ball very slowly ten times in a row, taking a deep breath each time.



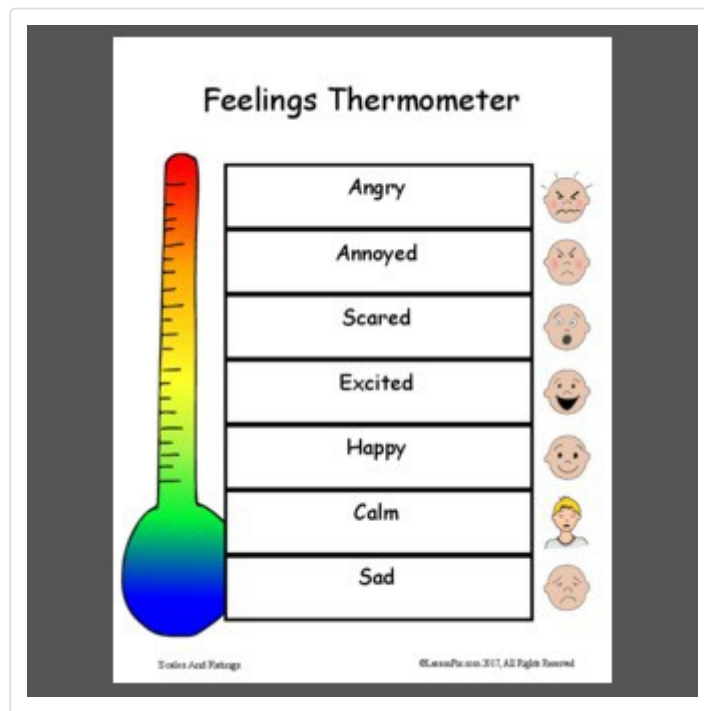
## Belly Breathing

Lay down on your back with a small object on your stomach. Take deep breaths while watching the the object rise and fall with each breath.



## Feelings Thermometer

Use a thermometer to show a child that feelings are like a scale. You need to help your child identify and manage his/her feelings.



## Calm Down Basket

Create a calm down basket filled with items that can help your child manage difficult feelings. Try items like a stress ball, silly putty, or kaleidoscope. Helping kids identify feelings and what tools they can use to calm down is an important skill.



## Book Resource

The Whole Brain Child by Dr. Daniel Siegel

Click [here](#) to see Dr. Siegel in a quick video showing you how your brain works!