

- Windfall School -

Week of April 27, 2020

What is Self Regulation?

Simply put, self-regulation is our ability to calm our bodies and minds. It is a process of first becoming more aware of our actions, thoughts, and feelings and then increasing our ability to cope with stress and anxiety more independently. Some signs that your child struggles with self-regulation include:

- ✓ Tantrums or meltdowns
- ✓ Difficulty transitioning from one activity to the next
- ✓ Overly silly
- ✓ Struggle with turn taking
- ✓ Trouble with waiting
- ✓ Have a difficult time being in close proximity to others

Quick Tip

Once you find a calming strategy, it is best to practice it BEFORE your child is upset. Model how to practice the strategy together and praise your child for engaging in the activity.

Positive Behavior Interventions & Supports

5 Ways to Stay Calm at Home

When your child becomes upset, it is important to offer a variety of calming strategies that can help them to cope. These tips can help to diffuse a situation that can set the stage for a meltdown:

- 1) **Increase Structure** Providing a consistent routine at home can decrease your child's anxiety.
- 2) **Distraction Activities** Offer simple motor tasks that he/she can easily complete that do not require language such as a puzzle, sorting, or matching.
- 3) **Preferred Sensory Activities** Have a variety of items on hand that provide

enjoyable sensory input including putty, fidgets, water play, or music.

4) **Calm Down Corner** Create a safe, comforting space within your home where your child can go to relax.

5) **Deep Breathing** Breathing exercises can quickly lower stress in your body. Try blowing bubbles, a pinwheel, or blowing cotton balls through a straw for younger learners.



FREE RESOURCES TO LEARN MORE

Calming Cards

Free printable cards depicting calming strategies:

<https://drive.google.com/file/d/136sZnYzErc3ZB7IIXP0tiu6eX4BUG0mx/view>

Sensory at Home

Great resource with an overview of sensory systems & tips for home use:

<https://theautismhelp.com/supporting-sensory-needs-at-home/>

Belly Breathing

Video for younger students demonstrating breathing to calm down:

<https://www.youtube.com/watch?v=mZbzDOpyIA&feature=youtu.be>