



What is self-regulation?

Self-regulation is the ability to be able to control your own emotions and behaviour. Someone who is able to self-regulate can acknowledge how they feel, but not act on those emotions. They will also be able to calm themselves down without help.

Self-regulation for children works just the same. Children who can self-regulate are able to generate behavioural responses depending on the situation they're in. For example, a child who can self-regulate should be able to sit well in class and listen while the teacher is talking.

Children develop self-regulation skills as they grow up, but some children may need extra support. Check out the video below to learn more about self-regulation and the importance of it.

<https://uk.video.search.yahoo.com/yhs/search?fr=yhs-sz-002&ei=UTF-8&hsimp=yhs-002&hspart=sz¶m1=2431906805&gdpr=1&p=self+regulation+twinkl&type=type80057-1234422026#id=1&vid=3e368afc3531bc8e62ce1afc625ba9e8&action=click>

Children take a little longer to self-regulate as they're still learning to understand and control their emotions. Support and patience can help them through the process of self-regulation. Using self-regulation activities can assist children with their day-to-day feelings.

Mindfulness and Breathing Exercises

1. **Deep Breathing Games:** Blow bubbles or use a pinwheel to practice controlled breathing.
2. **Mindful Breathing:** Sit quietly and focus on taking slow, deep breaths.

Physical Activities

3. **Yoga for Kids:** Simple poses like tree pose, downward dog, or cat-cow to promote focus and calm.
4. **Dancing to Music:** Freeze dance games help with impulse control.
5. **Obstacle Courses:** Create a simple indoor or outdoor course that requires focus and patience to navigate.

Sensory Play

6. **Playdough or Slime:** Encourages focus and calms overstimulation.
7. **Sensory Bins:** Fill a box with rice, sand, or small objects for sorting and exploring.

Games for Focus and Patience

8. **Simon Says:** Enhances listening and impulse control.
9. **Board Games:** Games like "Jenga" or "Operation" require focus and steady hands.
10. **Puzzles:** Jigsaw puzzles help children develop patience and problem-solving skills.
11. **Duck, duck, goose**

Creative Activities

12. **Art and Craft Projects:** Colouring, painting, or making crafts promotes sustained attention.
13. **Journaling:** Encourage writing or drawing feelings and thoughts.
14. **Storytelling:** Ask them to make up a story or act it out with toys.

Routines and Responsibility

15. **Chore Charts:** Assign simple tasks to build responsibility and consistency.
16. **Daily Schedules:** Help them plan and stick to a routine.

Emotion Regulation Activities

17. **Feelings Chart:** Use a chart to identify and talk about emotions.
18. **Calm-Down Kits:** Include items like stress balls, colouring books, or noise-cancelling headphones.

Reading and Discussion

19. **Books About Emotions:** Read stories that explore emotions and discuss characters' feelings.

Relaxation Techniques

20. **Guided Meditations:** Use apps or videos designed for kids.
21. **Progressive Muscle Relaxation:** Teach them to tense and relax muscle groups.

These activities can be adapted based on the child's age and interests to keep them engaged while developing self-regulation skills.