

Emotional Regulation Take Aways

A careful use of language-top tips



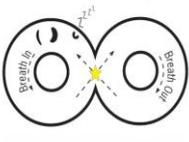
SEND & Inclusion Service



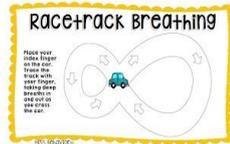
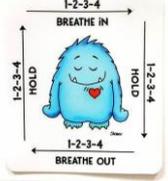
Supporting Emotions

VISUALS: SCRIPTS, SCHEDULES, TASK PLANS, PROMPT CARDS	ADJUST YOUR COMMUNICATION	PLAN SUCCESS MOTIVATOR CHALLENGE MOTIVATOR
STRUCTURE & PREDICTABILITY: WHAT WILL HAPPEN NEXT?, WHAT DO I NEED TO DO?, WHEN WILL IT END?, WHEN DO I GET TO DO WHAT I WANT TO DO?	TEACH SELF REGULATION	ADDRESS VITALS NEEDS
ENTHUSIASMS: BUILD INTO TASKS? ENSURE ACCESS TO	BUILD IN RELAXATION: PLAN WHO, WHEN AND	MODEL COURAGEOUS COPING: TALK ABOUT OWN EMOTIONS AND HOW MANAGE THEM PROMPT CARDS
	INTRODUCE AND LIMIT WORRY TIME	SENSORY ACCOMMODATION AND ACTIVITIES

Lazy 8 Breathing



The Six Sides of Breathing



SEND & Inclusion Service



Calm box ideas

- Visual calm down strategy cards – exercises, activities, task ideas
- Bubbles
- Chew toys/necklaces
- Small handheld puzzle – e.g. Rubik's cube
- Fidgets – tangle toys etc.
- Soft toys/animals
- Weighted blanket/vest
- Ear defenders
- Stretchy resistance bands
- Relaxation cards – basic yoga poses
- Soft bristle hairbrush/toothbrush
- Kaleidoscope
- Stress ball
- Playdough/putty
- Bubble wrap
- Small etch-a-sketch
- Colourings and pencils
- Small light up toys
- Small plastic snow globe
- Pipe cleaners
- Tissue paper
- Scarves
- Spinning top
- Small mirror (plastic)
- Whistle/harmonica – good for breathing out
- Puzzles – mazes, dot-to-dot, word searches
- Books/picture books
- Small handheld massager
- Items linked to specific interests e.g. dinosaurs, space



Belly breathing



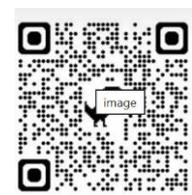
SEND & Inclusion Service



Dysregulated responses	Instead of this	Try this (Healthy Swap)
Running away, hiding	Chasing	Create a safe retreat spot
Shouting, screaming	talking over them; giving long explanations	Provide controlled loud outlets e.g. pillow shouting
Hitting, kicking, throwing	"Stop hitting!"	Offer safe physical outlets (soft ball throwing, wall push-ups, playdough squeezing)
Refusing, avoiding	Adding more demand	Do together, offer choices, lower demand
Freeze/shut-down	Add more demands. Trying to direct	Reduce stimulation and offer sensory supports
Arguing, talking back, unkind words	Shout back	Use reflective language, fresh starts, provide a reset and validate emotions
Physical towards the environment	Shouting and commenting on the action	provide heavy compression (pillow squeezes, yoga poses); redirect to safe impact (bearbag slam, mattress jump).



Evaluation



WAVES
Parent/Carer
Support Group



Family Hubs