



# EMOTIONAL REGULATION

The emotional world for people on the spectrum can be very scary! Emotions often come without warning and are difficult to label and connect to a cause, which leaves the person unable to control them. **“You cannot control what you cannot see, label, and understand.”** ( Excerpt from The Autism Discussion Page, pg 285), therefore it is very important we give the child skills and strategies to understand and regulate their emotions.

Dean Beadle, an adult with ASD, discusses how he was given behaviour cards for bad behaviour. Every term he would receive more and more cards as he didn't know what he was meant to do. Teaching children about emotions and strategies to regulate emotions **makes a huge difference to behaviour.** Dean Beadle explains how when he saw himself as part of the solution rather than the problem, that he then knew what he was meant to do. Teaching children to identify their emotions empowers them to identify why the problem is occurring and what strategies they can put in place to address the problem.

• Identify Emotion + Select Appropriate Activity = Behaviour Regulation

Use my **'Ideas to Help Children Self-Regulate their Emotions and Senses'** to find the right resources for your child. I highly recommend that schools and home use the same strategies, for support and reinforcement (see page 22).

## Are you looking for more ideas to support children learn to regulate Emotions?

Lauren Brukner has written a great series of books to help children regulate their emotions and senses. Children will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them and use these correctly whether at home or at school. The strategies are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers plus handy visual charts and checklists to track learning and progress. (See p9 of The Kids' Guide to Staying Awesome and In Control for some great practical strategies.)

**“** The Kid's Guide to Staying Awesome and In Control is crucial in helping children pinpoint how they feel so they can implement which methods work best for them to maximize their learning potential and provide everyday comfort. **”**

– Autism Parenting Magazine

In Lauren Brukner's series children can create their own Self-Regulation Menu – with a selection of body breaks or tools to use (pg 96-100 of The Kids' Guide to Staying Awesome and In Control ). For some students these would be ideal as Dean Beadle said “so you feel part of the solution not the problem!” Teaching emotional regulation allows kids to be proactive not reactive!

# IDEAS TO HELP CHILDREN SELF-REGULATE THEIR EMOTIONS AND SENSES

## ITEMS THAT PROVIDE PROPRIOCEPTIVE SUPPORT



- ✓ Weighted lap cushion or weighted
- ✓ Stuffed animal
- ✓ **Mini bean chair**
- ✓ Stretchy resistance bands
- ✓ **Mini massager**
- ✓ Body Sock
- ✓ Small Blanket
- ✓ **Sensory mat**

## ITEMS TO SQUEEZE & KEEP HANDS BUSY



- ✓ Fidgets like **Punki wrist bands**
- ✓ Rubik's Cube
- ✓ Play dough or **silly putty**
- ✓ **Sensory stixx**
- ✓ **Stress balls/Smiley Face ball**
- ✓ Bubble Wrap
- ✓ **Figipod**
- ✓ Bag of tissue paper to rip
- ✓ Scarves or fabric scraps
- ✓ **Spinning top**

## ITEMS TO SUPPORT BREATHING & RELAXATION



- ✓ Bottle of bubbles
- ✓ Pinwheels
- ✓ Water bottles for a drink break

## ITEMS FOR OLFACTORY SENSORY SUPPORT



- ✓ Calming essential oil spray
- ✓ Smelling bottles
- ✓ Scratch and sniff stickers

## ITEMS TO GET KIDS MOVING

- ✓ Book of yoga poses or activity cards
- ✓ Skipping rope



## ITEMS FOR AUDITORY SENSORY SUPPORT



- ✓ Noise cancelling headphones
- ✓ Music
- ✓ Audiobooks
- ✓ **Timers**

## ITEMS FOR ORAL MOTOR SENSORY SUPPORT



- ✓ **Chewable jewellery**
- ✓ Chewing gum or lollipops
- ✓ Snacks with a variety of textures
- ✓ **Emotichew**
- ✓ Whistle, harmonica, party blowers, or similar
- ✓ **Chewy Tubes**

## ITEMS THAT GIVE KIDS A BRAIN BREAK



- ✓ Puzzle
- ✓ Books to read
- ✓ Blank notebook and writing utensils
- ✓ Colou ring books
- ✓ Scratch art doodle pad
- ✓ Activity Books
- ✓ Toilet or Drink Break

## ITEMS TO VISUALLY CALM



- ✓ Light up toys
- ✓ Flashlight
- ✓ Plastic snow globe
- ✓ **Liquid Timers**
- ✓ Kaleidoscope
- ✓ **Spinning tops**
- ✓ Eye mask

## NOTE

The balded items are available at

[www.suelarkey.com.au](http://www.suelarkey.com.au)



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## How to be a Superhero Called Self-Control

By Lauren Brukner

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years to master self-control.

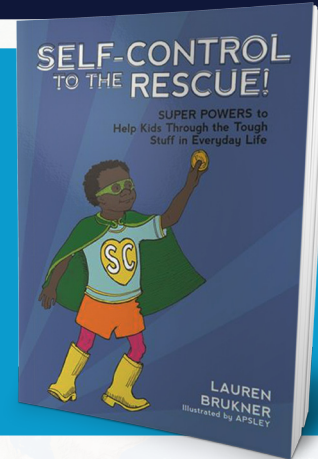
CODE B142 **\$35.95 (plus P & H)**

## Self-Control to the Rescue

By Lauren Brukner

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years to master self-control.

CODE B163 **\$35.95 (plus P & H)**



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## The Kids Guide to Staying Awesome and In Control

By Lauren Brukner

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, this book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use the se correctly whether at home or at school.

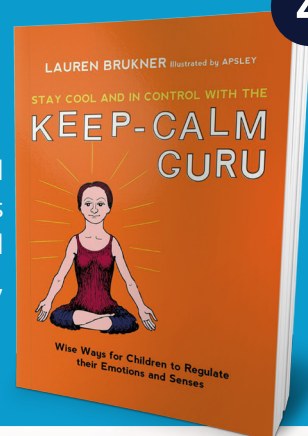
CODE B111 **\$35.95 (plus P & H)**

## Stay Cool and In Control with the Keep-Calm Guru

By Lauren Brukner

Meet the Keep-Calm Guru, our expert guide to the art of staying cool, calm, and in control in the face of overpowering feelings! This illustrated book introduces wise ways for children to recognise and cope with anxiety, anger, frustration, and other difficult emotions. Using everything from yoga poses and pressure holds, to deep breathing and relaxing colouring activities.

CODE B157 **\$35.95 (plus P & H)**



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Does your school use Restorative Justice? Do you know children who were not attending school full time? Many children in the spectrum have difficulty regulating emotions and don't know how to "fix" or "reflect on behavior" when they occur. Teaching Emotional Regulation is the key to success and participation.