

SELF-REGULATION

IT STARTS WITH ME

HELLO EVERYONE . SO HAPPY TO MEET YOU.

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ZOOM ETIQUETTE

All participants microphones are muted by the presenters.



If you have a question for the presenter, please type it in the chat box. We will be answering questions through Email correspondence after the presentation

Camera are turned off by the presenter during this evenings presentation.



WHO IS WACSEP

WACSEP is your Special Education Local Planning Agency who works in conjunction with your school district to provide a continuum of services and placements, staff and parent education, interagency collaboration and administrative support that will insure a high quality, individualized, free and appropriate public education for individuals with disabilities at <https://www.wacsep.org/>

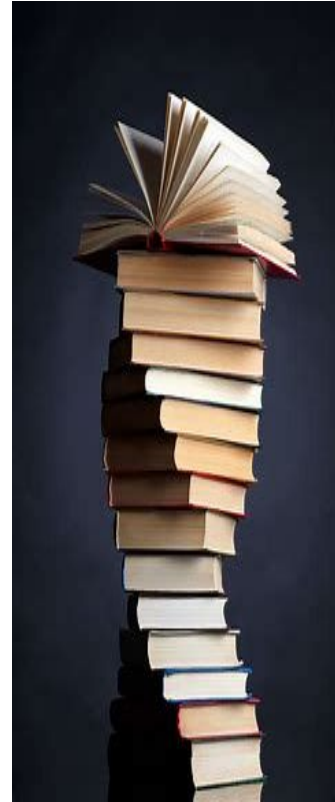


DISCLAIMER

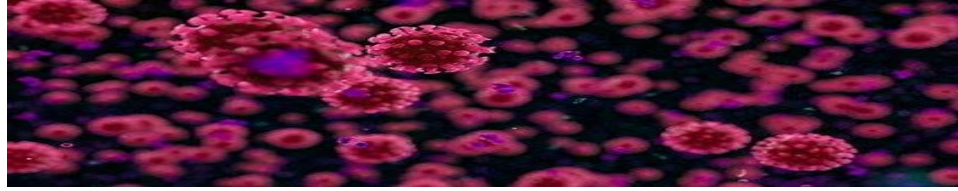
The information presented as part of this parent presentation series reflects a broad introduction of the topics covered, incorporating Best Practices and Evidence Based Practices.

A list of resources will be included for further information on the topic. In the interest of time, the speakers can respond to general questions related to the topic.

Please feel free to contact us or reach out to your own school districts regarding questions specific to your child's education.



COVID-19



We are experiencing unique challenges during these unprecedented times due to COVID-19. We are all learning how to navigate these changes and distance learning. The disruption of familiar routines, activities, and schedules impacts each child in a different way. The concepts and evidenced based strategies discussed today are intended to support you in supporting your child at home. Consider your child's unique needs prior to implementation.

TODAY'S TOPIC

Self -Regulation- It starts with Me

Brief Introduction to some Relaxation Techniques to help regulate ourselves

- Mindfulness
- Five Senses Exercise
- Coloring
- Deep breathing
- Yoga moves

STRESS

A little stress can sometimes help us stay alert and focus better. However, too much stress can be harmful.

It can impact our:

Emotions- It can make us feel anxious, restless, angry, sad

Thoughts- When stressed we can struggle to find the positive or problem-solve

Behavior-If we are feeling angry, we may be reactive, get verbally or physically aggressive, we become dysregulated



DYSREGULATED

The experience of being physiologically out of control with an inability to calm down

QUESTIONS



How do you control worry, stress, anxiety, feeling overwhelmed emotionally and physically?

What steps can we take to help our child self-regulate?

What are some tips to help me be more patient when I become frustrated?

WHAT WE DON'T SAY

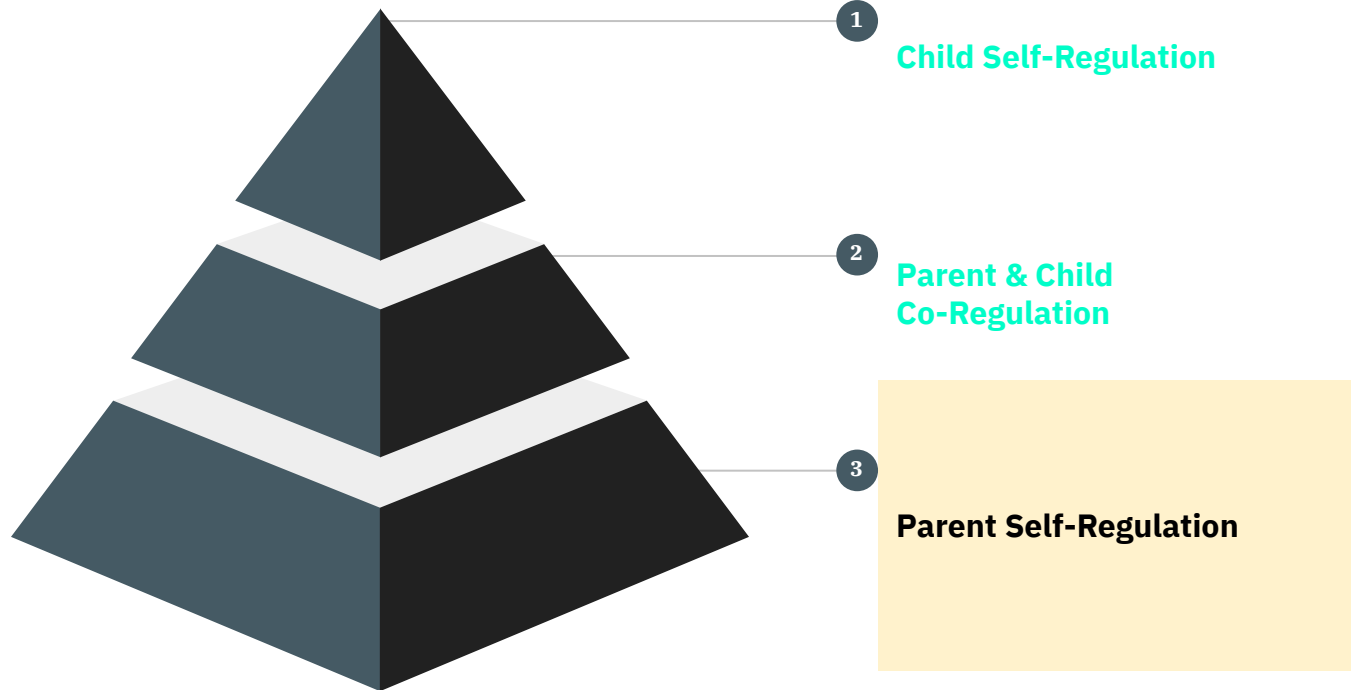
A significant proportion of our interactions with people is non-verbal and includes: facial expression, tone and volume, body posture, movement and the instant appraisal of another's facial expression

ATTEND AND LISTEN

One of the greatest lessons I've learned in my work is the importance of simply taking the time, *before doing anything else*, to **pay attention and listen.**

Dr. Bruce D. Perry

IT STARTS WITH THE CAREGIVERS



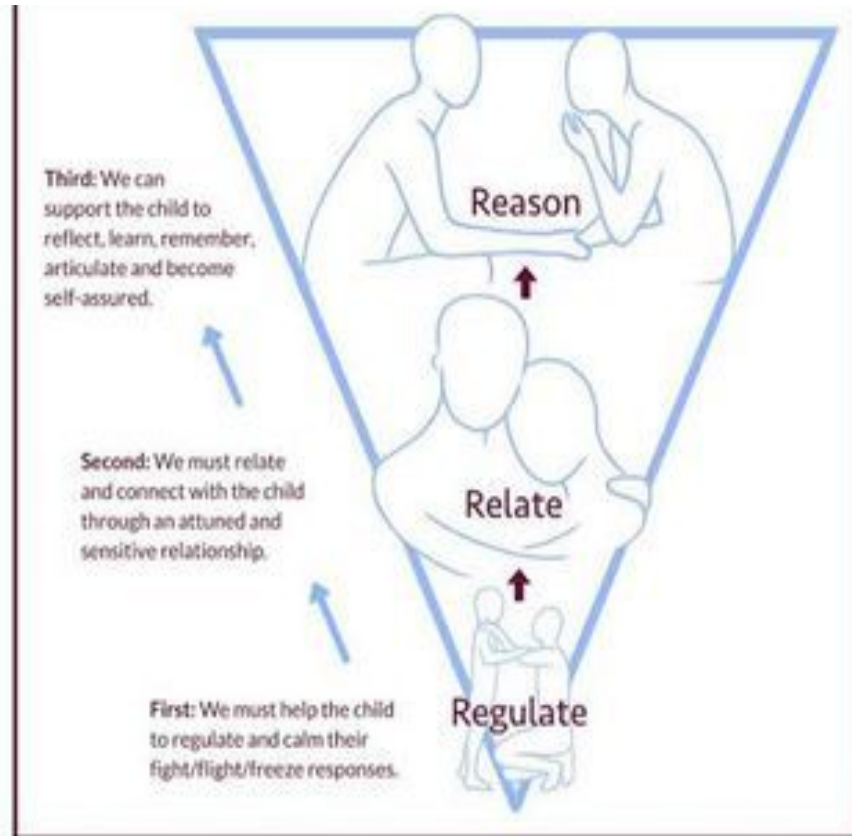
CONNECT BEFORE YOU CORRECT

Regulate

Relate

Then Reason (Reflect)

THE THREE R'S REACHING THE LEARNING BRAIN



Heading straight to the “reasoning” part will not work so well if the child/person is dysregulated and disconnected from others.

REGULATING YOUR EMOTIONAL STATE TO HELP YOUR CHILD REGULATE HERSELF

- Your child learns to self-regulate through interactions with you and other caregivers.
- Likewise, an environment that is predictable, responsive and supportive supports self-regulation

WHAT YOU DO IMPACTS ME AND VISE VERSA

The moods and actions of those around us are contagious- especially those of the perceived "leader" of the group...

"helping" adults cannot teach children to regulate their emotions and behaviors unless they themselves are in an emotionally calm and reasonably well-regulated state."

Dr. Bruce Perry

WHAT CAN I DO?

- Beginning with the first contact it is important that we establish a "helping alliance"
 - o Safe
 - o Strong
 - o **Calm**
 - o Knowing

PUT **YOUR** OXYGEN MASK ON **FIRST**

If you run out of oxygen yourself, you can't help anyone else with their oxygen mask.



SELF-REGULATION- IT STARTS WITH ME

Most essential intervention to help students self-regulate is to find a calm place within *ourselves* from which to interact with them.

- o Self- Reflective
- o Notice our own level of arousal and emotional state
- o Observe our thoughts, actions and impacts on others

SELF-REGULATION

Self-regulation makes it possible for us to know and manage our own emotions, to recognize emotions in others and to make use of these abilities in relationships.

HOW DO WE BEGIN?

- A natural beginning for the development of mindfulness is making it a daily practice to pay close attention to a regular activity, such as breathing.
- Be patient. Mindfulness exercises require LOTS of practice without being too focused on an outcome or results.
- Show appreciation when you and your child are practicing.
- Mindfulness practice involves effort and intentionality.

RELAXATION TECHNIQUES



- Mindfulness
- Five Senses Exercise
- Coloring
- Deep breathing
- Yoga moves (caution: research supported but can sustain injuries)

WHAT IS MINDFULNESS

Although Mindful awareness and mindful meditation originates in the tradition of Buddhism. Mindfulness does not belong to any culture or tradition or belief system.

Mindfulness is really about attention and the awareness that arises from paying attention on purpose in the the present moment, and non-judgmentally it is at its core universal.

WHO CAN USE MINDFULNESS

- Kids age five and up who want to calm the churning thoughts in their heads, learn to feel and understand the emotions, and improve their concentration.
- Suitable for children diagnosed with ADHD, dyslexia, and autism spectrum disorders.
- When we are mindful we are more regulated and regulating
- Developing the ability to step back mentally and be a witness to our somatic experience makes it possible for one to know when we are dysregulated.

FIVE SENSES EXERCISE

Five Senses Exercise is a form of practicing mindfulness quickly in nearly any situation. All you need is to notice something that you are experiencing with each of the five senses. It should be a quick and relatively easy exercise to help bring you to a mindful state. Follow the order of practice as it suggests



FIVE SENSES

5. Notice **five** things you can **see** (pick something you don't normally notice)
4. **Four** things you can **feel/touch** (Bring awareness to four things you are feeling, texture of pants, a breeze)
3. **Three** things you can **hear** (listen and note three things in the background, such as a bird, traffic, something cooking)
2. **Two** things you can **smell** (are they pleasant or unpleasant)
1. **One** thing you can **taste**. What do you taste now?

MINDFUL COLORING

Coloring is often a calming activity.

You can use any coloring books.

Be present in the moment.

Use any color you'd like.

Staying within the lines is not important, just focus on the action of coloring

BREATHE

- Breathing is a fundamental means by which we can biologically regulate the mind and body and calm the reactive core of the brain.

Diaphragmatic breathing keeps the reacting core of the brain from overheating (Overreacting)

- Can help to lower blood pressure, pulse rate and respiration
- Cleanses lactate from the blood (lactate increases feelings of anxiety)
- Increases ability to be calm and alert (alpha brain waves)
- Releases neurotransmitters serotonin (feel good neurotransmitter)
 - 95% of serotonin is stored in the stomach lining and intestines
 - Serotonin gets into the bloodstream and up to the brain in 20-30 seconds



SMELL THE FLOWERS
BLOW OUT THE
CANDLES



Inhale

Exhale



BREATHING BOARDS

Trace the 8, while slowly breathing in and out 8 times.

This helps to calm down your breathing and refocus

You can use a triangle

A star

A square



ONE MINUTE MINDFULNESS

1. While standing, laying down or sitting (even leaning with your back against a wall is fine), be aware of your feet grounded on the floor. Close your eyes.
2. Take a deep breath in, scanning your entire body up and down, from your toes to the top of your head, then back down again while breathing out.
3. As you inhale and exhale, breath deep into your chest so your belly fills with the air. When exhaling, control the air as it leaves your lungs.
4. Make breathing in and out your only responsibility. Listen to your breath as it goes in and out of your nose. Feel it as it fills your lungs. Control it as your lungs empty.
5. Do this for one minute. At the end of this activity open your eyes.

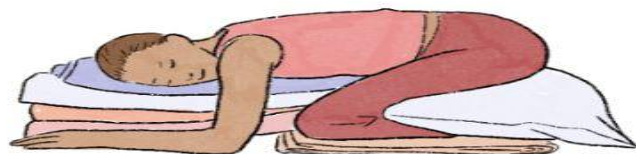
YOGA MOVES

Yoga is a mind-body practice that combines physical poses, controlled diaphragmatic breathing, and relaxation.

It may help reduce stress, lower blood pressure and lower heart rate.

. Studies have shown that yoga helps stabilize emotions and increase self-compassion and self-regulation

6 RESTORATIVE YOGA POSES FOR STRESS RELIEF



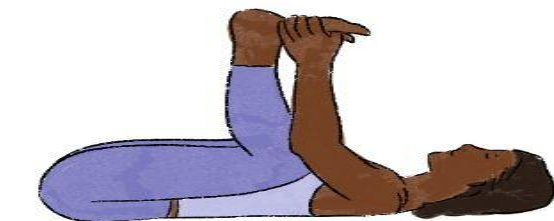
SUPPORTED CHILD'S POSE ↗



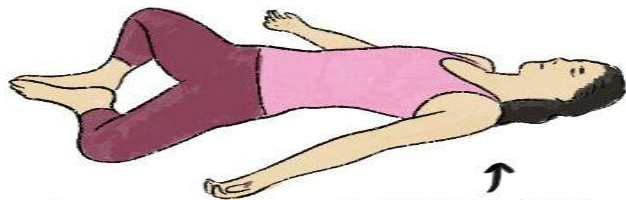
CHILD'S POSE ↗



LEGS ON A CHAIR POSE ↗



↖ HAPPY BABY POSE



↖ RECLINING BOUND ANGLE POSE



↖ CORPSE POSE

TAKE A MOMENT FOR YOURSELF

Spending time every day on a renewal activity such as:

- Sitting quietly for at least 10 minutes
- Meditating
- Breathe
- Listening to uplifting music
- Reading an inspiring book
- Writing in your journal
- Creating gratitude list
- Taking a walk outside
- Engaging in a hobby



RESOURCES CAN BE ACCESSED FROM

<https://positivepsychology.com/mindfulness-for-kids/>

Activities for Preschoolers and Toddlers

Tips to Teach Mindfulness in Kindergarten

Mindfulness Games for Kids

Mindfulness Worksheets for Kids

Teaching Mindfulness to Teens

RESOURCES FOR YOU AND YOUR KIDS!

<https://www.thepathway2success.com/5-free-mindfulness-activities/>

<https://www.mondaycampaigns.org/destress-monday/one-minute-meditations-just-need-minute>

<https://positivepsychology.com/mindfulness-for-kids/>

<https://kripalu.org/resources/yoga-tool-self-regulation>

<https://www.calm.com/>

<https://www.headspace.com/covid-19>

ADDITIONAL RESOURCES

Sitting Still Like a Frog

The Mindfulness Toolbox

Coping Skills for Kids: Workbook

Therapeutic Exercises for Children

Self-Regulation for Kids

Mindfulness Skills Workbook for clinicians and clients

One Minute Mindfulness

5- Minute Mindfulness

Helping Young People Learn Self-Regulation

THANK YOU FOR
TAKING THE TIME TO
JOIN US