

Calming down Strategies.

Name it to tame it

-The first skill is teaching children to relate certain body feelings to an emotion. Naming emotions calms us down. In this 4 minute video - Dr. Dan Siegel talks about how to use name it to tame it with a child whose very frustrated.

<https://youtu.be/ZcDLzppD4Jc>

Learning how to cope with expectations and mistakes

The ability to stick to something and keep trying is called Grit and the Power of Yet. Here's a short song about it. Singing (no matter what it is) helps grow calm feelings too.

<https://www.youtube.com/watch?v=XLeUvZvuvAs>

Becoming calm

the second skill is learning ways to become physically calm. This skill becomes stronger with practice and is always more effective done early on.

-Breathing is the fastest way to relax.

This weeks' newsletter outlines a few ways to do this.

-Stress Balloon

Being stressed always means having some energy or steam to blow off. Some kids like a more active approach to relaxing. The stress Balloon is a great strategy for kids who like this extra step. This link has the exercise and includes ideas on how to talk about it with your child and a short story at the end.

<https://www.theholler.org/wp-content/uploads/2017/07/stress.pdf>

-Toolbox of ideas for Coping with frustration, boredom and other feelings during home school -

Coping ideas that are Schoolwork friendly, including a video for kids about how their brain's work when they are feeling stressed.

<https://www.schooltools.info/emotions-regulation-strategies>

Mood tracking

One way to improve kid's coping skills and develop resilience is to teach them how to track and measure their feelings. I'm going to have a hard time managing stress if I only notice frustration when it is 9 out of 10. Here are a few of the tools we talked about...

Mood meter - This helps kids tracks how good-bad and high energy to low energy feelings. Certain school jobs need higher energy (proofing an assignment) and others need lower energy (reading).

- Article for how to use in a school-type setting and how to introduce to younger kids. I use this with all ages, especially teens

<https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>

-make a low tech version - I like this one and it would be easy to add a smaller energy level dial to this.

<https://www.education.com/activity/article/make-a-mood-meter/>

--the mood meter app, with teacher comments...

<https://www.common sense.org/education/app/the-mood-meter>

Zones of regulation. teaches kids to recognize feelings by categorizing the different ways we feel into 4 colored zones.

- This article gives a good overview for parents of children at all skill levels.

<https://hes-extraordinary.com/the-zones-of-regulation>

Traffic lights and coping.

-Another option we talked about was using a Traffic light to help kids rank how strong a feeling is and learn how to turn into an easier feeling.

<https://www.elsa-support.co.uk/traffic-light-toolkit-for-emotional-regulation/>