



## What is Self-Regulation?

**Emotional Regulation-** Variables include gestures (pointing, shaking head, waving), facial expressions, persons, environments (adapting emotional response appropriately to setting and situation)  
Emotional Regulation involves learning to tolerate frustration, waiting, dealing with disappointment, controlling temper, managing worries, communicating feelings

**Cognitive Regulation-** Variables include focus/sustaining attention, monitoring understanding, determining and retaining most important information, planning, remembering instructions and procedures, limiting distractions, asking for clarification when needed, looking for signals/clues to guide, determining task expectations

Important to assess How Big is the Problem? Big Deal/Little Deal? Does my reaction match the size of the problem (Can rate this on a 1-5 point scale)

**Behavioural Regulation-** Consider hands, feet, breathing, voice, body

Variables include body position, intensity of action (hard, soft, loud, quiet), speed of movement (fast, slow), and manner of movement (how you move)

Examples include: Accessing deep breathing strategies to stay calm and focused, modulating voice volume to the appropriate environment and activity, walking not running in a parking lot, keeping hands to self and not hitting, sitting quietly for circle time

### *Sensory Supports for Self-Regulation include:*

- Offer retreat spaces such as “The Calming Castle”
- Modify the physical/sensory environment (lighting, sound, smells, visual stimulation)
- Provide seat cushions, weighted lap pads, headphones to increase sensory comfort level and calm state
  
- Heavy work activities that incorporate pushing, pulling and lifting:
  - Wall or chair push-ups
  - Pulling stretchy resistance bands
  - Carrying a weighted object or back pack
  - Climbing on monkey bars
  - Jumping on a trampoline
  - Swimming
  - Eating a chewy snack
  - Catching a weighted ball
  - Joint compressions

- Deep pressure- touch input achieved by:
  - Massage
  - Blanket wrap- “hot dog”
  - Steam roll gym ball over body
  - Wearing compression vest (Bear Hug vest)
  - Wearing weighted equipment including vest, magic belt, shoe weights, wrist cuff weights
  - Using a weighted blanket or weighted lap pad
  - Lycra Body Sock
  - Sitting in a bean bag chair
  - Vibration (pillows, massager, toys)
- Movement input achieved by:
  - Calming linear (head to toe) swinging
  - Rocking in a chair
  - Rolling on tummy on a big ball
  - Rhythmical movement and stretching (bouncing on a ball, yoga exercises)

***Thinking Strategies for Self-Regulation include:***

- Scaling emotion (anger, worry) using a 1-5 point scale
- Use of visuals supports to provide additional information for activity transitions, sequencing steps, communicating information
- Routines, structure, and predictability
- Positive self-talk statements such as “ I am OK”

***Relaxation Strategies for Self-Regulation include:***

- Deep Breathing- 6 sides of breathing, Lazy 8 breathing, expandable ball visual aid
- Progressive Muscle Relaxation- tensing and relaxing muscles systematically throughout the body
- Take a Break- finding a relaxing retreat space for calming, such as The Calming Castle at camp
- Yoga postures/stretching
- Going for a walk
- Guided imagery
- Listening to music

***Games for Practising Behavioural Self-Regulation***

- Parachute games
- Duck, Duck, Goose
- Mother/Father May I? (requests the action, number, speed and manner e.g. take two giant steps forward, make four hops like a frog)
- Simon Says
- What Time is It Mr. Wolf?
- Red Light/Green Light (vary manner and speed)
- Music Stop and Go- freeze when the music stops