

Self-Regulation 1

Self-regulation is **the ability to understand and manage your own behaviour and reactions**. Self-regulation helps children learn, behave well, get along with others and become independent. Self-regulation begins to develop rapidly in the toddler and pre-schooler years.

- Giving plenty of time to be outside and run around
- Fresh air – opportunities to be outside and get energy out, help with brain power
- Bubbles – these can also help deep breathing
- Pretending to smell and blow a hot chocolate
- Reading – books about emotions helps to discuss different feelings
- Listen to music – calm music to settle down, silly songs can also help self-regulate.
- Rest and nutrition – when basic needs aren't met this can cause issues, a quick snack or a nap can help.
- Somewhere to hide and maybe explore emotions (basket of visuals) See top tips calm down spaces.
- Give a visual clue of a strategy to be used, once this helps then give choices to help regulate.
- Ensure the adult is also showing body language of self-regulation



Links to EYFS: All SEND Code of Practice: SEMH

See additional sheet for a list of possible triggers

At home.

Strategies as above can also help at home