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Together



Resilience and Regulation
Friday 10th January 2025

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Understand resilience and regulation and their impact on their wellbeing.

Strategies to support children in school and at home.

Complete a 'resilience' activity with your child

At 10am when activities are finished, parents/carer come and collect regulation pack in the hall

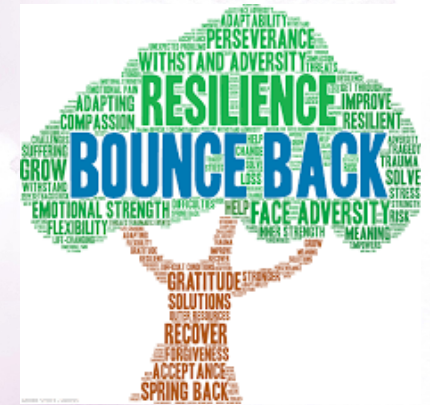


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What is Resilience?

- the capacity to withstand or to recover quickly from difficulties
- the ability to be happy, successful, etc. again after something difficult or bad has happened.



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Resilience for children

- *Learning new skills*
- *Friendship issues*
- *Transition and Changes*
- *Dealing with failure/disappointment*
- *Handling daily frustrations*
- *Building independence*



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Strategies to develop resilience.

*Practice with
brainteasers and
riddles*

*Reframe struggles
as challenges*

*Teach self-positive
talk and self-
compassion*

*Allow children to
make mistakes and
talk about learning
from them*

*Teach that
perfection isn't
real*

*Develop SMART
goals*

*Praise the
process, not the
outcome*



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What is Self-Regulation?

- *the ability to manage your thoughts, emotions, behaviours, and attention.*



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The importance of Self-Regulation

- *Academic success*
- *Social and emotional success*
- *Self-care*



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Regulation Stations

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

Emotional Literacy



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Strategies to develop self-regulation.

Label emotions of characters

Provide strategies/opportunity to regulate

Emotion Charts and Journals

Identify specific strategies that can be used

Create/Identify calm down spaces at home



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Resilience and Regulation

- *Resilient children are often better at self-regulation*
- *Self-regulation supports the development of resilience*



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Resilience Activity

Parent/Child Led

Engage, reflect, enjoy



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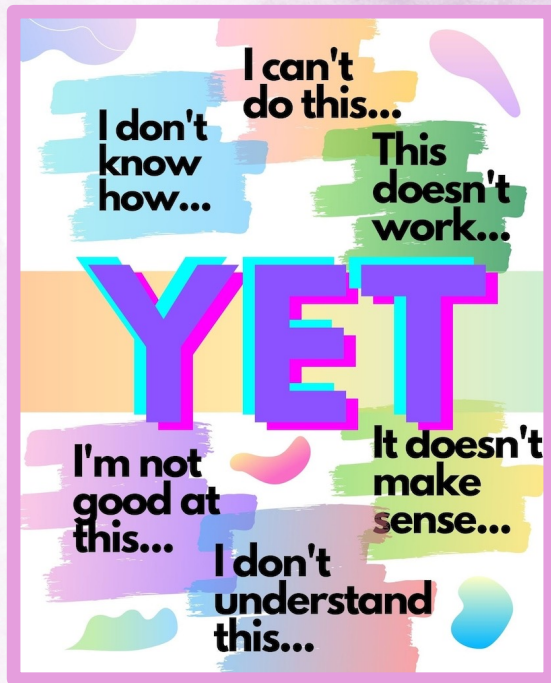


What Zone Are You In?

Blue Zone	Green Zone	Orange Zone	Red Zone
 SAD HURT SICK TIRED What can I do? REST Take a break Ask for help Talk to someone Jump up and down 5 x I can also.....?	 HAPPY FOCUSED CALM EXCITED What can I do? GO Think happy thoughts Finish my work Help others Share ideas I can also.....?	 SURPRISED CONFUSED WORRIED SILLY What can I do? SLOW DOWN Take deep breaths Talk to someone Go for a short walk Count to ten I can also.....?	 ANGRY RAGING TERRIFIED ANNOYED What can I do? STOP Take a time out Run a lap Squeeze a stress ball Drink water I can also.....?



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My Resilience Journal

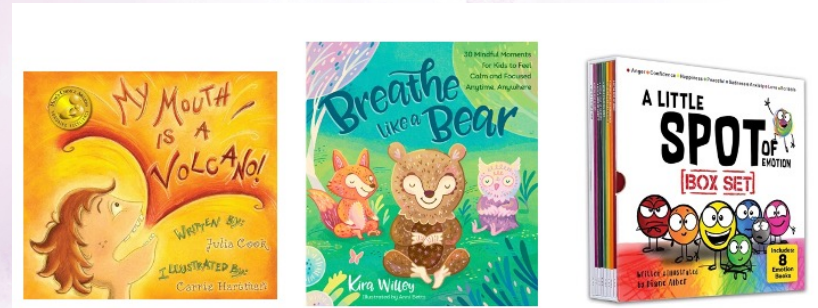
What was a challenging situation you faced today, and how did you handle it?

Can you name three things that made you feel happy or proud today?

What is something new you learned today, and how can it help you in the future?

Who is someone you can turn to when you need help, and why do you trust them?

What is one goal you want to achieve this week, and what steps can you take to accomplish it?



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Please scan the QR code to give
some feedback about our session
this morning

