

INSPIRE



Together



*Resilience  
and  
Regulation*

## Strategies to Support Self-Regulation at Home

### 1. Quiet Activities

- Colouring books, Puzzles, Calming books

### 2. Sensory Tools

- Stress balls, Fidget spinners/cubes, Squishy toys, Sensory bottle filled with glitter
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### 3. Mindfulness and Breathing aids

- Printable breathing exercises, mindfulness cards, guided meditation app
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### 4. Visual Reminders

- Posters with calming strategies, positive affirmations, steps to manage emotions.

### 5. Set clear expectations and boundaries.

- Be consistent with rules and consequences. Clear expectations help children understand the limits and learn to control their impulses within those boundaries.

### 6. Positive reinforcement

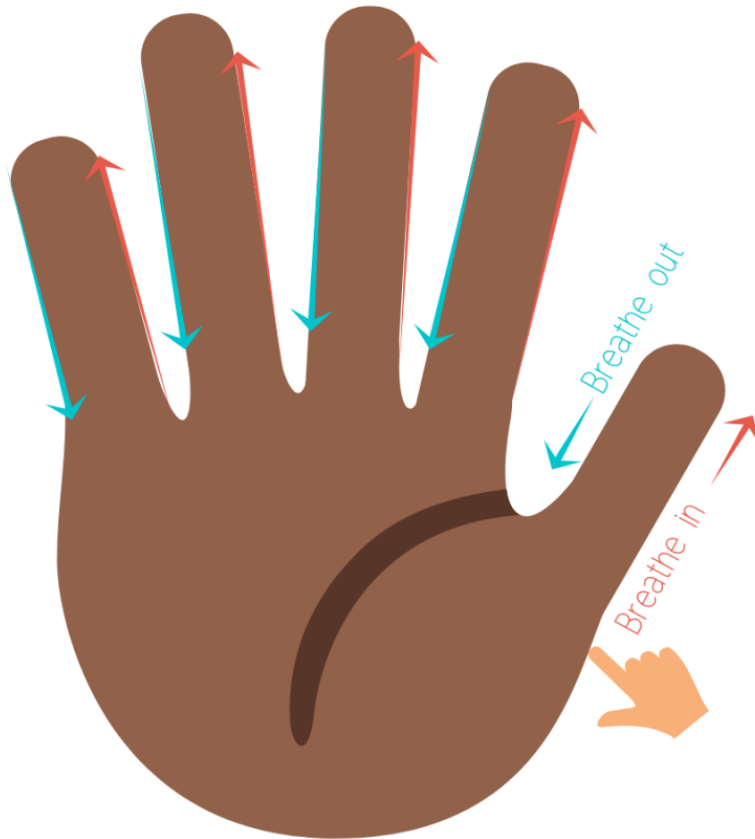
- Praise and reward self-regulated behaviour

### 7. Encourage Open Communication

- Maintain an open line of communication so children feel comfortable discussing their feelings and experiences
- Make use of a check-in chart for children to use



## 5 Finger Breathing



# The ZONES of Regulation

<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified
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# What Zone Are You In?

**Blue 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.....?

**Green Zone**

HAPPY FOCUSED CALM EXCITED

What can I do?

**GO**

Think happy thoughts  
Finish my work  
Help others  
Share ideas  
I can also.....?

**Orange Zone**

SURPRISED WORRIED SILENT

What can I do?

**SLOW DOWN**

Take deep breaths  
Talk to someone  
Go for a short walk  
Count to ten  
I can also.....?

**Red Zone**

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.....?

*Resilience Resources*

**I don't  
know  
how...**

**I can't  
do this...**

**This  
doesn't  
work...**

**YET**

**I'm not  
good at  
this...**

**It doesn't  
make  
sense...**

**I don't  
understand  
this...**

# *My Resilience Journal*

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

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

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

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

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

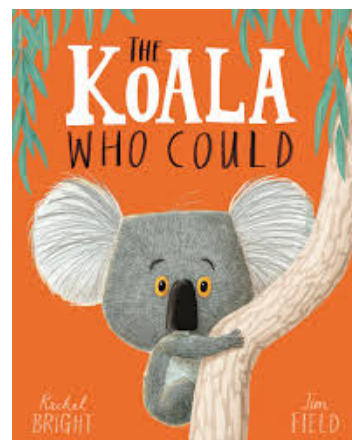
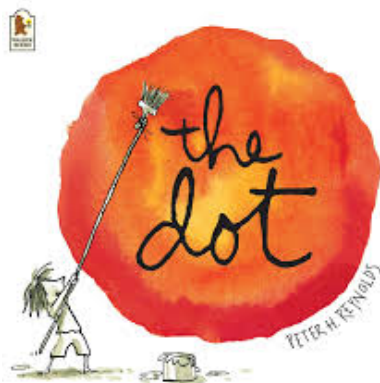
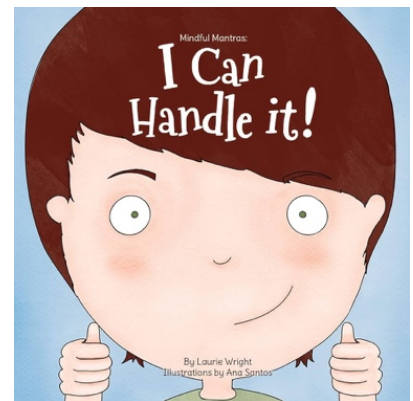
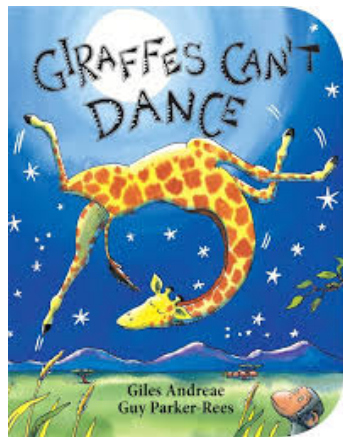
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## Books about Resilience



## Books about Self-Regulation

