

Emotional Regulation in Children and Adolescents

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What's Emotion?

Emotion is a conscious mental reaction subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

What's Emotional Regulation?

Emotion regulation is being aware of one's own emotions and being able to adapt emotional responses in a way that is appropriate to the situation.

Why Is This Important?

- Emotional self-regulation is a skill that people learn and develop throughout childhood and adolescence and into adulthood
- Learning how to process emotions and respond with appropriate behavior is essential to a person's well-being.
- Lacking emotional self-regulation can perpetuate negative emotions. It can also have social repercussions, such as damaging relationships with others.
- Stronger self-regulation predicts higher income, better financial planning, fewer risk behaviors like substance use and violence, and decreased health costs

Difference Between People With or Without Emotional Regulation Skills

- If a person lacks emotional self-regulation skills, they may express this by:
 - Overreacting to situations
 - Having emotional outbursts and being quick to react
 - Experiencing negative emotions that last a long time
 - Having mood swings
- As opposed to someone who can regulate emotions, who would:
 - Consider the consequences of any response
 - Choose responses that move toward a positive outcome or goal, despite possibly feeling negative emotions

Temper Tantrums

- Tantrums can be normal in children's development, and they outgrow them by 4 years of age
- Tantrums are often disproportionate to the circumstances.
- In other words, children react very strongly to what is likely a mild situation. For example, you might tell your child to put away a toy or turn down their treat request.
- This may lead to thrashing, yelling and hitting. Tantrums usually last between two and 15 minutes.

Temper Tantrums

- Distract
- Stay calm
- Ignore
- Ensure Safety
- Do not give in
- Do not fight back

Temper Tantrums

- Offer praise for wanted behavior
- Acknowledge their feelings
- Help label emotions
- Help handling strong emotions
- Set an example

Offering Praise

- Don't be vague (eg: Good Job)
- Be Specific
- Eg 1: "I really like the way you took three deep breaths when you noticed you were getting upset"
- Eg 2: "I really like the way you went to your calm-down corner when I asked you to and how you told me you needed more time before we came back together."

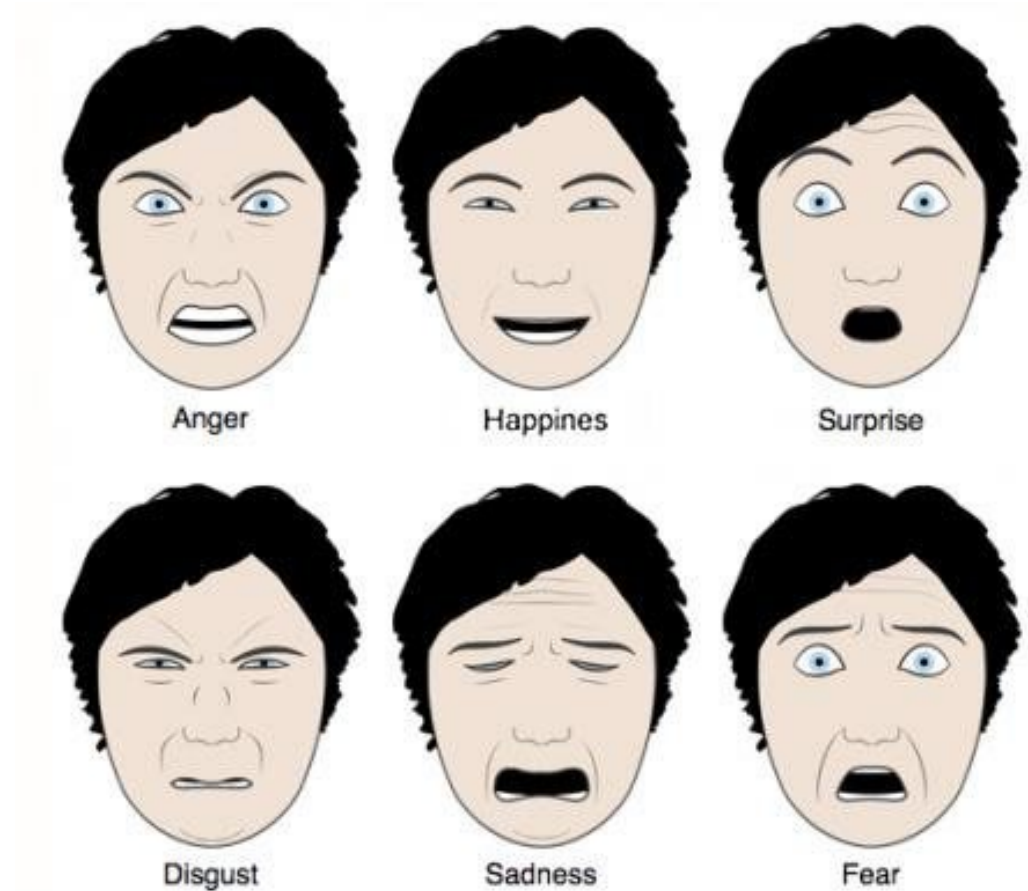
Validating Feelings

- You are only acknowledging their feeling
- Logic might not work during tantrums
- Validating their emotions can help them identify how they are feeling, which is one step toward helping them regulate or calm their emotions.

Labeling Emotions





- Managing emotions begins with naming them.
- Primary emotions are immediate, instinctual responses to stimuli (e.g., joy, fear, sadness). They're universal and often linked to specific events or situations.
- Secondary emotions are reactions to primary emotions and are more complex, often influenced by personal experiences, beliefs, and thoughts.

Primary Emotions



Zones of Regulation

Giving Children The Ability to Identify & Verbalize Their Big Feelings is A Crucial First Step In Equipping Them to Self-Regulate

 BLUE	 GREEN	 YELLOW	 RED
SICK SAD TIRED BORED MOVING SLOWLY	HAPPY CALM FEEL OK READY TO LEARN FOCUSED	FRUSTRATED WORRIED SILLY/ WIGGLY SOME LOSS OF CONTROL	MAD ANGRY MEAN YELLING HITTING DISGUSTED OUT OF CONTROL

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Emotion Faces

- Evaluate facial expressions and associate those expressions with a range of emotions.

Identifying Emotions

 <p>Affectionate</p>	 <p>Bored</p>	 <p>Brave</p>	 <p>Calm</p>
 <p>Cheerful</p>	 <p>Comfortable</p>	 <p>Creative</p>	 <p>Curious</p>
 <p>Disappointed</p>	 <p>Disgusted</p>	 <p>Excited</p>	 <p>Embarrassed</p>

Identifying Emotions

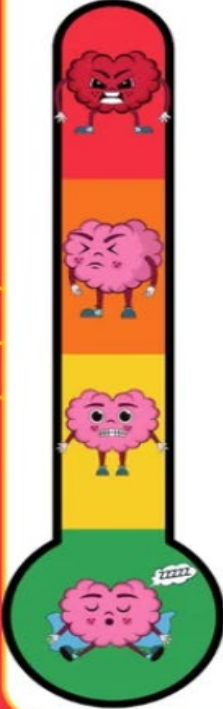
 <p>Fantastic</p>	 <p>Fearful</p>	 <p>Frustrated</p>	 <p>Happy</p>
 <p>Jealous</p>	 <p>Lonely</p>	 <p>Loved</p>	 <p>Mad</p>
 <p>Nervous</p>	 <p>Overwhelmed</p>	 <p>Proud</p>	 <p>Relaxed</p>

Identifying Emotions

 <p>Sad</p>	 <p>Safe</p>	 <p>Satisfied</p>	 <p>Scared</p>
 <p>Sensitive</p>	 <p>Serious</p>	 <p>Shy</p>	 <p>Stressed</p>
 <p>Strong</p>	 <p>Tense</p>	 <p>Tired</p>	 <p>Worried</p>

Anger Thermometer

ANGER THERMOMETER



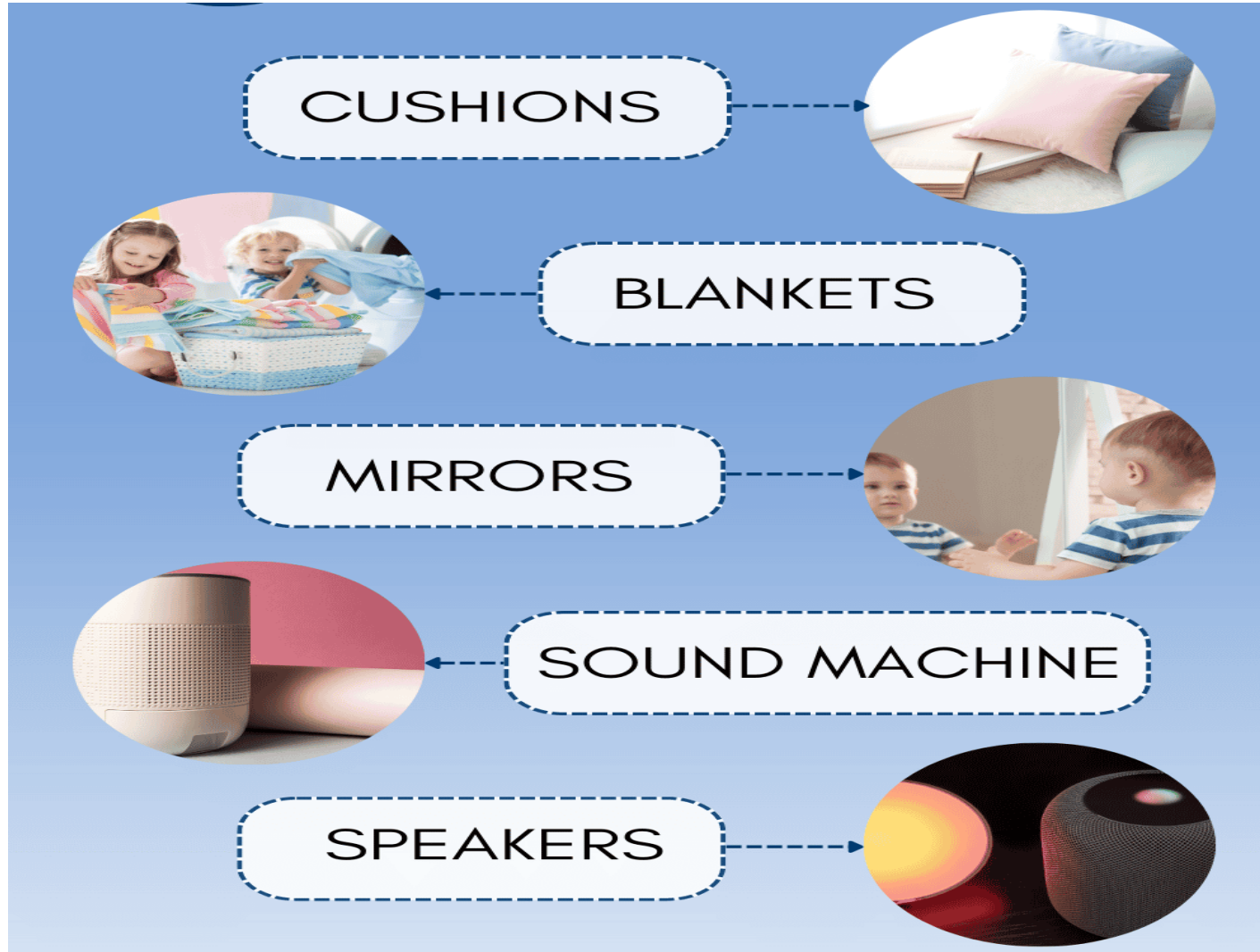
FEELINGS	BEHAVIOURS	WHAT YOU CAN DO ABOUT IT
Enraged Furious Explosive Misunderstood	Shouting Throwing Things Lashing Out Clenched Fists Meltdown	Use a sense to get grounded Take some deep breaths Have a hot/cold shower Gently squeeze the end of your fingers Count up to 10 or backwards from 10 to 0 Walk away from the cause
Angry Mad Tense Hot Scared	Frowning Screwed up Face Stomping Feet Growling Arguing Negative Attitude	Drink some cold water Listen to music Do some rapid exercise Tense and relax your muscles Imagine being somewhere relaxing Squeeze a stress ball or some putty
Sad, Upset Confused Disappointed Irritated Stressed	Tearful Sighing Loudly Glaring Raised Voice Rolling Eyes	Take a walk in nature Talk yourself calm Talk to an adult you trust Get a hug or give yourself one Smile to change your state Write down your thoughts & feelings
Relaxed Calm Peaceful Loved Happy	In the Moment Engaged Mindful of Others Clear Thinking Positive Attitude	Write down positives about yourself Start a new hobby Help someone else Do stretching or yoga Set some personal goals Note down some gratitude's



Calm Down Corner

- Designated space, with the sole intent of being a safe space for a child to go to when they feel their emotions are running too high and they need to regain their emotional and physical control.

Calm Down Corner



Calm Down Box

<p>Items that provide proprioceptive support</p> <ul style="list-style-type: none"> • Weighted lap cushion or weighted stuffed animal • Weighted vest or pressure vest • Stretchy resistance bands • Sensory tunnel • Mini massager • Body sock • Small blanket 	<p>Items for auditory sensory support</p> <ul style="list-style-type: none"> • Noise cancelling headphones • MP3 player with music • Audiobooks
<p>Items to squeeze & keep hands busy</p> <ul style="list-style-type: none"> • Fidgets like Tangle Jr. or puffer ball • Rubik's Cube • Play dough or silly putty • Pipe cleaners • Stress balls • Bubble wrap • Bag of tissue paper to rip • Scarves or fabric scraps • Spinning top 	<p>Items for oral motor sensory support</p> <ul style="list-style-type: none"> • Chew toy or chew necklace • Chewing gum, hard candies, or lollipops • Snacks with a variety of textures • Whistle, harmonica, party blowers, or similar • Rescue Remedy Spray
<p>Items to support breathing & relaxation</p> <ul style="list-style-type: none"> • Bottle of bubbles • Pinwheels • Straws and cotton balls or pom poms 	<p>Items that give kids a brain break</p> <ul style="list-style-type: none"> • Puzzle • Books to read • Blank notebook and writing utensils • Coloring books • Scratch art doodle pad • Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board • Activity books • Photo album
<p>Items for olfactory sensory support</p> <ul style="list-style-type: none"> • Calming essential oil spray • Smelling bottles • Scratch and sniff stickers 	<p>Items to visually calm</p> <ul style="list-style-type: none"> • Visual calm down cards • Sensory bottle or calm down jar • Light up toys • Flashlight • Plastic snow globe • Kaleidoscope • Hourglass • Eye mask
<p>Items to get kids moving</p> <ul style="list-style-type: none"> • Book of yoga poses or yoga activity cards • Skipping rope 	

Rainbow Breathing



Elevator Breathing



Try this exercise:

1. Touch your palms together in front of you.
2. As you lift your left arm straight up, breathe in. Keep your right arm still.
3. Breathe out as you slowly lower your left arm, and then join the palms of your hands together again, holding your breath for a moment.
4. Switch sides. This time breathe in as you slowly lift your right arm up. And breathe out as you slowly lower your right arm down, joining your palms together.
5. Continue to switch arms and breathe like this for a minute or two.

Take 5 Breathing



How do you feel now?
Are you calm or would you
like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

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Snake Breathing

- Imagine a birthday candle
- Take in a deep breath through the nose
- Then exhale through the mouth to blow out the candle with a hissing sound

Square Breathing

