



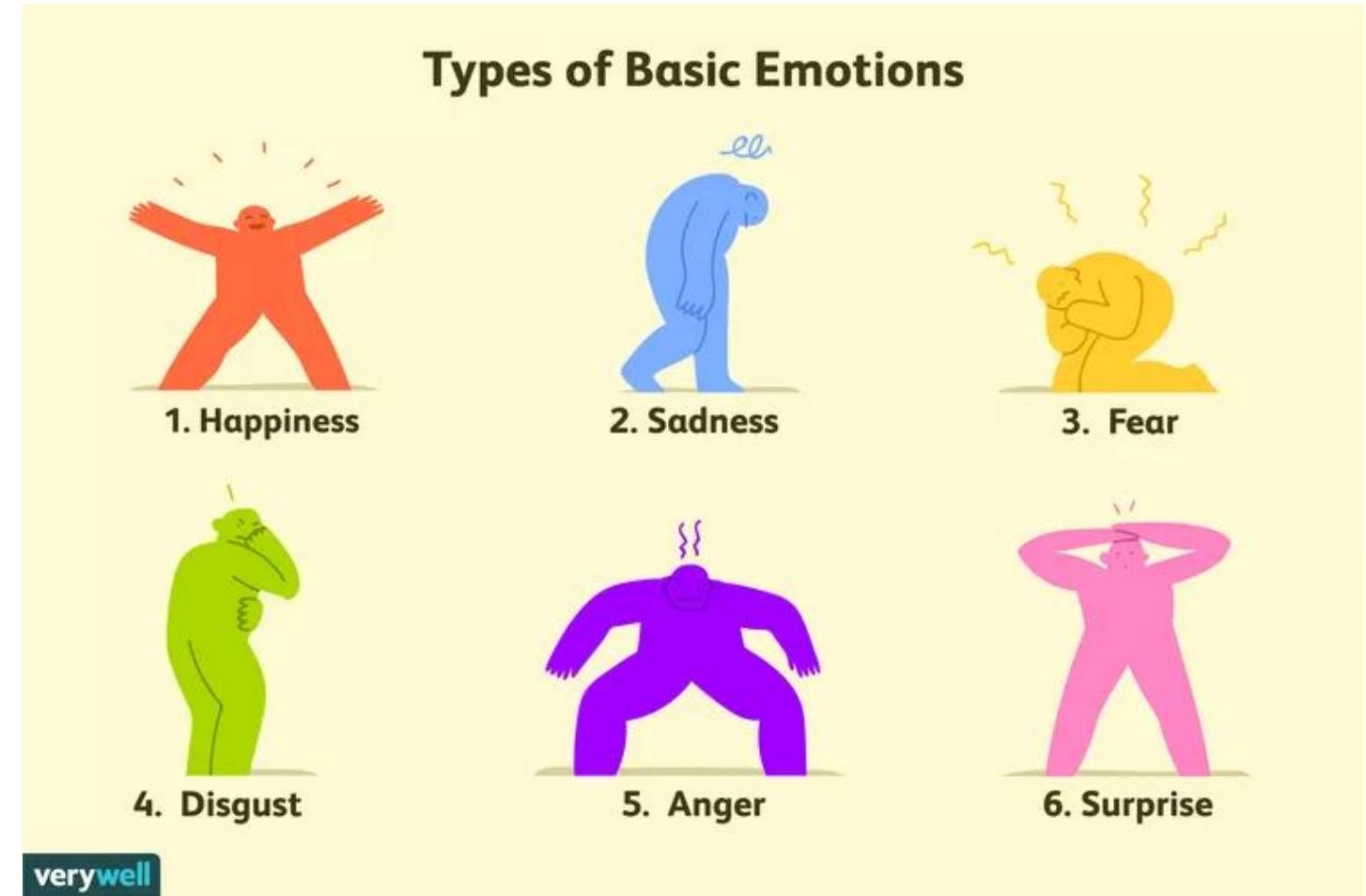
Welcome to an information session with
the Mental Health Support Team on....

Supporting Your Child to Regulate Their Emotions (resources only)



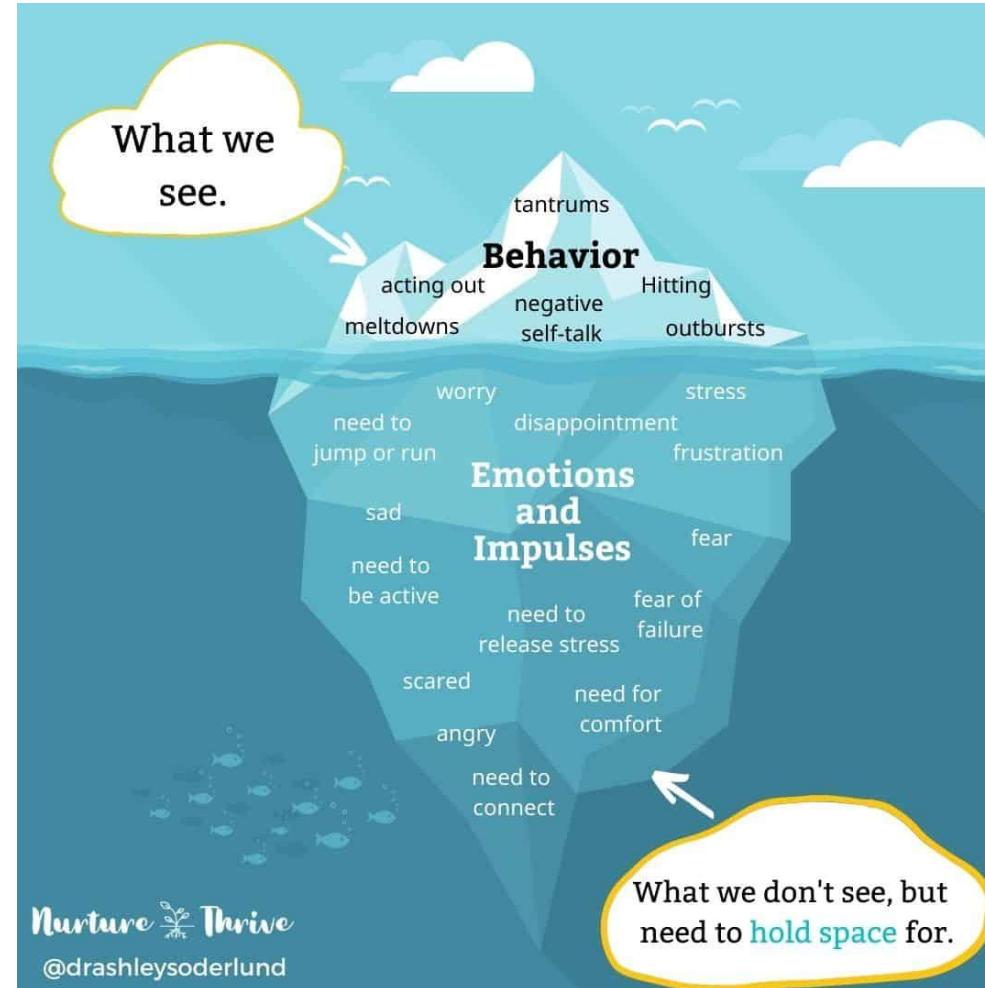
What is Emotional Regulation?

The ability to effectively manage and respond to emotional experiences





What happens when we cannot regulate?





Why do children sometimes struggle to regulate their emotions?



[EMOTIONAL REGULATION | Window of Tolerance Explained <https://www.youtube.com/watch?v=flo0PjbNBp0d>](https://www.youtube.com/watch?v=flo0PjbNBp0d)



Making sense of our emotions

Using the zones of regulation is a way to make sense of how we are feeling by grouping our emotions. Having feelings in each of the zones is normal. The four zones group feelings by how much energy is in our body when we feel an emotion.

As you can see, there are a range of emotions in all zones. For example, we might notice we are in the blue zone if we feel tired or sad, or like we don't want to do too much. We might also feel in the blue zone after a busy day when we might be happy to just sit and not do much. At the other end, in the high energy red zone, we might be very excited (to meet friends or go do your favourite activity) but we might also have lots of energy when we feel angry or very scared.

By checking in with our bodies and spotting clues about how much energy we have, we can try and work out what zone we are in.

The ZONES of Regulation

Remember, there is no right colour zone—all of them are okay!

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



Emotion Recognition



For children to be able to regulate their emotions, they first need to be able to recognise them in themselves and others

Use labelling:

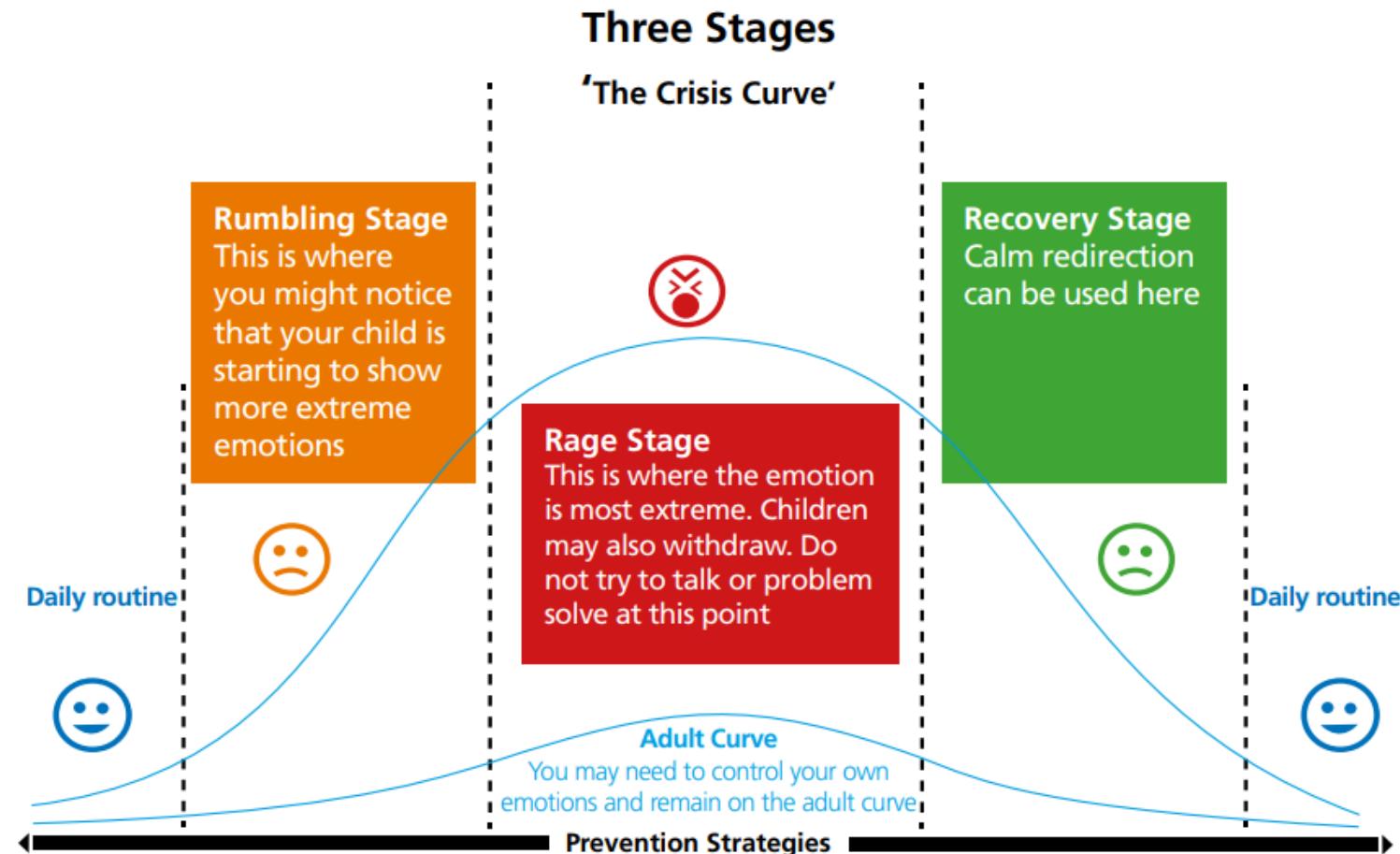
- “Shrek looks angry”
- “Piglet looks scared”

Name your emotions:

- “I feel angry”
- “I feel happy”



The crisis curve





The crisis curve – our responses

Helpful Parent Behaviours

Rumbling Stage

- Stay calm
- Talk quietly
- Take deep breaths
- Stay close (if your child likes or wants this)
- Avoid conflict
- Don't get into a battle for power
- Be empathetic and understanding
- Use some of the suggested strategies
- Attempt to distract or redirect your child
- Be flexible; your child may not be able to.

Rage Stage

- Protect your child and others from harm
- Don't punish
- Don't take your child's behaviours personally.
- Remove any witnesses.
- Be aware of your body language.
- Avoid conflict
- Remain calm.

Recovery Stage

- Be aware that your child could go back to the Rage Stage
- Give your child time to become calm
- Offer gentle redirection and distraction
- Use calming and relaxation strategies
- Allow sleep
- Be aware that your child may become upset, embarrassed, and want to say sorry.
- Do not talk about the rage behaviours at this time unless your child wants to.



Breathing Strategies

Deep breathing can help children manage stress and anxiety by activating the body's relaxation response.

5 Finger Breathing



A yellow hand with blue arrows showing a tracing path from the bottom of the thumb up to the top, then down the other side, and around the fingers. A small black circle with the text "Start here" is at the bottom of the thumb.

1. Stretch one hand out so you have space between your fingers.
2. Hold up your pointer finger from the other hand (index finger).
3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb, slowly breathe in through your mouth.
4. When you get to the top of your thumb, slowly breathe out of your nose as you trace down the other side.
5. Repeat for all fingers until you have traced round your whole hand.

Balloon Breathing



1. Put your hands on your belly.
2. Take a deep breath in and imagine there is a balloon in your belly that you are blowing up.
3. Breath out and imagine that you are letting all of the air out of the balloon.

Dragon Fire Breathing



1. Take a slow deep breath in through your nose.
2. Breath out through your mouth and pretend you are a dragon blowing fire!
3. You could stick your tongue out like a dragon or lift and slower your arms like you are flying.
4. Start again from the top, repeating your Dragon Fire Breathing until you feel better.



Distraction Strategies



Count backwards from 60
in 2's

Spell your name
backwards

Think of an animal for
every letter in the alphabet





Further Support is available ...

Looking for support?

If you or your child attends a school that is supported by a Mental Health Support Team (MHST), you can make a self-referral to the MHST, and they may be able to support you with mild to moderate mental health difficulties. This includes:

- Low mood
- Anxiety/Worry
- Challenging behaviour



Scan Me!

Who to contact in a crisis:

If you think you or someone else is experiencing a mental health crisis, call NHS First Response Service on **111** and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call **999**.