

# Self Regulation

## 12 Self Regulation strategies for Children

### TAKE A TIME-IN



Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.



### SMELL THE FLOWERS

The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.

### LISTENING BREAK



Auditory stimulation such as meditation, soothing music, or an audiobook can help re-focus children's attention.



### MOVE LIKE ANIMALS

Invite the child to move like an animal that they would like to feel like, such as a carefree bird or a proud lion. Somatically, this can help them shift their state.

### RAINBOW BREATH



Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve..



### SMILING CONTEST

See how long you can smile together! Turning a frown upside down can really make you feel happier.

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### SING VOWEL SOUNDS



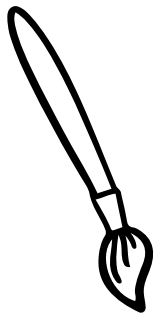
Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.



### TENSE AND RELEASE

Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.

### FACE PAINTING



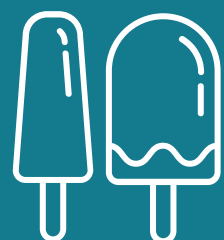
Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.



### FREEZE DANCE

Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.

### COOL DOWN



Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.



### REFLECT TOGETHER

Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.