

EMOTIONAL REGULATION

Strategies to support your child's emotional resilience will be key in supporting wellbeing so that he/she can feel better regulated at school, and so more able to engage in relationships and access learning.

Support your child's emotional learning of his/her own and others' emotions through the use of a social emotional curriculum such as the Zones of Regulation. This will support the development of your child's emotional literacy and provide a visual way to communicate how he/she is feeling with supportive strategies for each zone.

Where possible, share strategies between school and home to aid your child's understanding and promote a shared language he/she can use to express his/her feelings. Useful home resource: [Using Zones of Regulation At Home - Kids Like Me](http://kidslikemela.org) (kidslikemela.org) & [How to Teach Social-Emotional Learning at Home](http://parents.com) (parents.com).

Create an 'emotional regulation toolbox' for your child with supportive strategies and exercises he/she can engage in when feeling dysregulated. Create a visual with your child that he/she can add to over time (e.g. drawing).

Regulatory strategies should draw on your child's interests and sensory preferences, e.g. muscle relaxation with a soft toy. Useful resource: [Relax-Pack-21-Day-Challenge.pdf\(st-phillineri.notts.sch.uk\)](http://st-phillineri.notts.sch.uk)

Use emotional coaching strategies to support your child's social emotional learning, strategies to regulate his/her emotions and the implementation of boundaries through a collaborative problem-solving process.

Useful resource for school: [Emotion Coaching - United Kingdom](http://emotioncoachinguk.com) (emotioncoachinguk.com)

General Strategies to support with Emotional Regulation
Your child would benefit from being given access to low arousal spaces when experiencing dysregulation, especially if he/she has expressive sensitivities to noise

Break up long tasks with short relaxation/sensory break to give your child an opportunity to recharge and refocus. Such activities could include jobs around the classroom such as carrying exercise books or sensory circuits/diets. Your child would benefit from regular brain breaks which are timetabled into his/her day. Relaxation activities should be guided by your child. Useful resources: [Sensory Smarts](http://sensorysmarts.com) (sensorysmarts.com).

