

# Strategies for Emotional Regulation: *Helping Kids Reset*

Brent Dawson, Allen ISD





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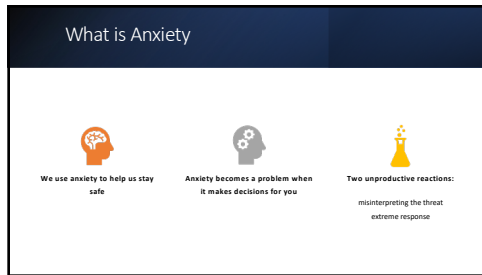
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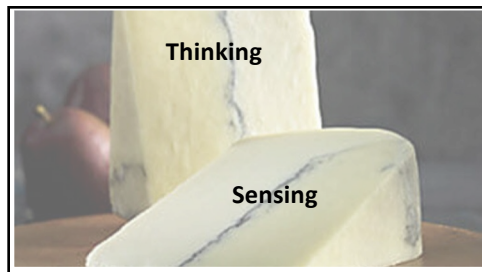
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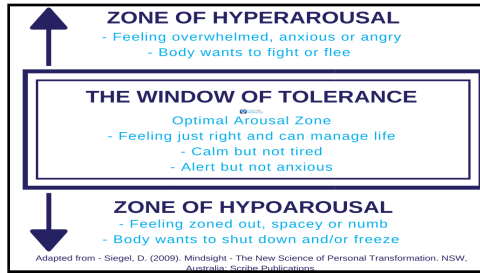
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### Emotional Regulation

- The ability to effectively manage and respond to emotional experience by using strategies in the moment to keep you inside your window of tolerance
- Engaging in broader on-going self-care strategies that widen our window of tolerance.
- Since emotions are controlled by the limbic brain it is best addressed initially through a single focused approach



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### Co-regulation

Co-regulation is the process through which 2 nervous systems find attunement.



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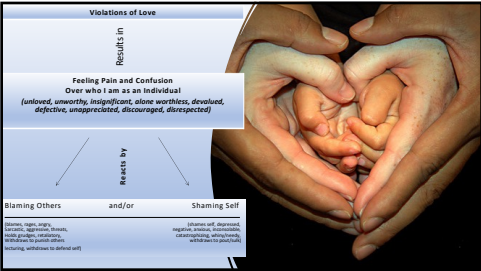
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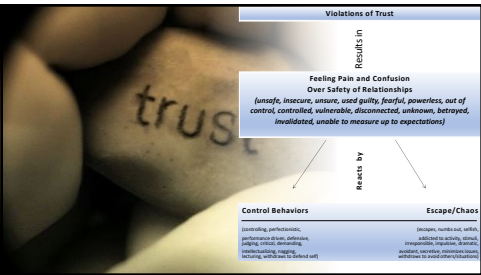
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<i>Principles</i>	<i>Strategies</i>	<i>Practices</i>
<b>Empowering</b>	Ecological	<i>Creating a Safe Environment</i> Transitions, Rituals, Artifacts
	Physiological	<i>Preparing the Body</i> Hydration, Blood Sugar, Healthy Touch, Physical Activity, Rhythmic Activities, Sensory Milieu
<b>Connecting</b>	Mindfulness	Calm presence, Attunement and awareness, flexible responding, creative problem solving
	Engagement	Valuing eye contact, authoritative voice, behavioral matching, playful interaction, healthy touch
<b>Correcting</b>	Proactive	Life value terms (e.g., using words, with respect) behavioral scripts (e.g., choices, compromises, re-dos)
	Responsive	Levels of response

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Engagement Strategies

- Eye Contact
- Healthy Touch
- Voice Quality
- Behavior Matching
- Playful Engagement

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Creating Legends

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Developing Rituals

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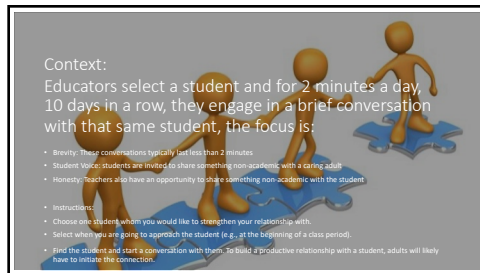
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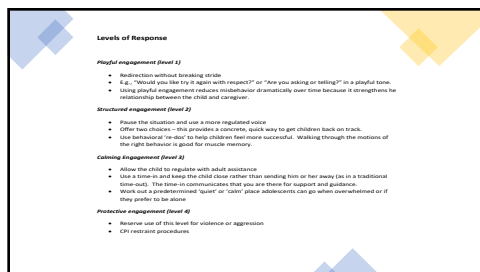
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