



THE CALM DOWN KIT "MAKE & TAKE"

WHAT IS SELF REGULATION?

- The ability to regulate one's thinking, emotions, and behavior.
- Children translate experiences into information they can use to regulate:
 - Mom's soothing voice, cuddles calm an infant.
- Children develop self-regulation from birth-5.
- Children can be taught self regulation.

WHY REGULATE?

- Thinking and emotion affect each other.
 - If you can regulate your emotions, you can engage and learn.
- Regulation helps children replace thoughts of inadequacy (I'm not good at this) with positive thoughts (This is hard, but I can do it if I try).
- Young children who engage in intentional self-regulation learn more and go further in their education.
- Intentional self-regulation predicts school success.

EXAMPLES OF SELF REGULATING

In Toddlers

- Thumb sucking
- Holding stuffed animal
- Rubbing fabric
- Hitting, head banging, etc.

In Elementary Aged Children

- Wiggling
- Chewing
- Getting up
- Humming
- Hitting, head banging, etc.

In Teens

- Listening to Music
- Electronics
- Fidgeting
- Humming
- Hitting, head banging, etc.

WHAT IS A CALM DOWN KIT?

A Calm Down Kit is a group of tools that provide sensory strategies and emotional steps to help people regulate their bodies and emotions so that they can regain control of their brains and bodies.

ITEMS IN A CALM DOWN KIT

ITEMS INCLUDED IN OUR KITS

- Squeeze ball
- Calm Down Bottle
- Take 5 Breaths Visual
- Calm Down Social Story
- Calm Down Strategy Cards
- Feelings Identifier

ITEMS YOU CAN ADD

- Playdough
- Crayons/ Coloring sheets
- Mirror
- Fidgets
- Feelings Books
- Calming Picture
- Ear Phones—(cancel noise or use with music)/
Music / meditation on iPod • ???

GIVE CHILDREN WAYS TO EXPRESS STRONG EMOTIONS

- What are acceptable & safe ways to express strong emotions for children?
 - In your classroom?
 - In the home?
- Many children need to physically release the energy or adrenaline from the emotion
- We can help guide this release

WHEN TO TAKE A BREAK?

- Take a Break spots are NOT time out areas
- Children should go when they are on the brink of losing emotional control or when regaining control
 - NOT in the middle of a melt down- TOO LATE!

EMOTION REGULATION: MANAGING STRONG EMOTIONS

- All pieces of the kit are important
 - Learning how to recognize your own feelings
 - Feelings identifier
 - Learning appropriate ways to express strong emotions
 - Social story
 - Learning how to calm down, self-regulate
 - Calm down strategy cards
 - Breathing visual
 - Bottle and squeeze ball

FEELINGS IDENTIFIER

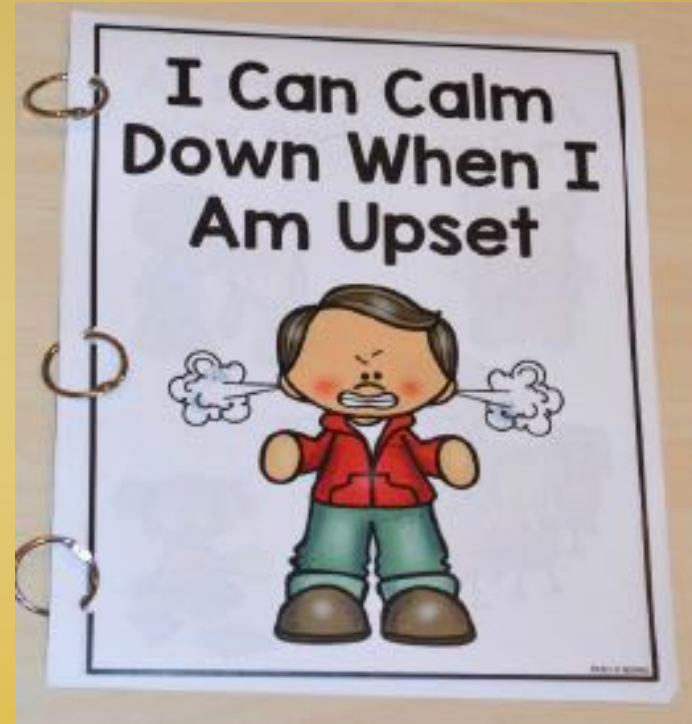
- Connecting the feeling with expression strengthens the “staircase in the mind”
 - Then comes self-regulation



CALM DOWN SOCIAL STORY

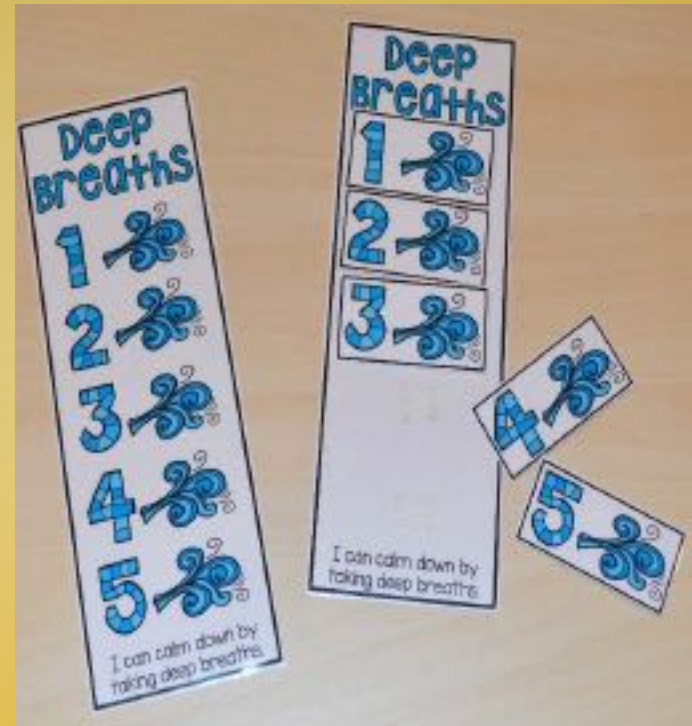
Social Stories explain:

- routines with which a child is having difficulty or is unfamiliar
- expectations
- social behaviors that are acceptable
- replacement behavior options



BREATHING VISUAL

- Gives our young children a counting visual to track breaths
 - Could include a dry erase marker or clothespin to mark off breaths taken



SQUEEZING/PHYSICAL ACTIVITIES

- What happens to your body when you are upset or stressed?
 - Stimulates your limbic brain
 - Burst of energy for fight or flight
- How to get rid of the energy?
 - Squeeze ball
 - Play dough
 - Activity cards for movement



CALM DOWN BOTTLE

- Allows time for reflection and mindfulness
- Takes your mind off the problem
- Meditative without steps



CALM DOWN STRATEGIES CARDS

- Aid in helping students remember a wide variety of strategies- higher probability that something will work for them!
- Visual aids for our emergent readers



CALM DOWN KIT

How to use effectively:

- Discuss each item and use when students are calm and relaxed
- Read the social story together periodically
- Practice using the items and going to the Take a Break spot before emotions ever run high
- Be positive and patient
- Include parents