



The Teacher's Lounge ^{easy} ^ Tips & Tricks

This month's Social Skill Focus is

Emotional Regulation



1st Come thoughts, next come feelings, then come reactions.

If having a bad feeling, you are likely having a negative thought. Change it by thinking about something really positive. This will change your feeling and then your reaction. It's like magic!

Tip #1

Repeat It: Repetitive motor activities such as clapping/patting games, shake it out, can help students transition from a stressful moment to a fresh outlook. Or for a more involved activity, try this free download <http://bit.ly/2kj4DsE>

Tip #2

Connect It: As much as possible, connect emotions to behaviors: How did you feel when...? How did she feel when...What happened when?

Tip #3

Calm It: Plan some calming activities throughout the day, such as Bubbles, Play doh, Yoga, Soft Lighting, Kinetic Sand, Slow Classical Music or Ocean Sounds etc....

Tip #4

Model It: When appropriate, model by labeling and discussing your thinking, emotions and how you work through them to have an appropriate reaction, so that your students can have a great model for how to do this.

Tip #5

Read About It: Reading stories about emotions/feelings and how to handle them can be very helpful for children who have a hard time talking about their feelings directly. <http://bit.ly/2ibhLvK> <http://bit.ly/2kijdAX> <http://amzn.to/2BtD94>