

# Teaching Self-Regulation Skills

## Teaching Deep Breathing:

Put hand on chest and belly and breathe in and out slowly.  
Try making your hand on your chest move up and down.  
Then try making your hand on your belly move up and down.  
Which feels easier or more comfortable?

To support breathing through the belly, use a stuffed animal as a breathing buddy.  
Place it on the child's belly and have them try to move the stuffed animal up and down slowly by breathing.

- If help is needed put some pressure on the belly and tell the child to push up your hand.

## Teaching Breathing & Heartrate Connection:

Take a deep breath in for 5 seconds through your nose,  
Then breathe out quickly through your mouth.  
Do that 3 times then take your heart rate, what is it?

What do you notice happening in your body right now?

Take a deep breathe in for 3 seconds through your nose,  
then breathe out for 5 seconds through your mouth.  
Do that 3 times then take your heart rate, what is it?

What do you notice happening in your body right now?

What do you think this means?

## Teaching Interoception:

Teaching Sensations in the body Handout

Understanding what my body is saying Handout

### **Teaching Braindrops:**

There is **always energy moving through our bodies and brains**. If we pay attention, we can feel it.

**Braindrops are the energy that is created in our brains, as it moves through our bodies.**

When we feel our Braindrops mostly in the center of our bodies, we are usually in a relaxed, alert state, and we feel **regulated**.

As our Braindrops move up our bodies, our energy speeds up and our heart starts beating faster. It may start like a swirling in the center of our bodies that grows bigger and bigger into a tornado. Braindrops get sucked up and spin around. **We can feel like we are spinning out of control, as all of our energy moves to our hands, feet, faces and head. This kind of dysregulation is called hyperarousal.**

When our braindrops move down our bodies we feel our energy slowing down.

It may start like a cloud forming in the center of our bodies. It gets so full and heavy it can no longer hold the braindrops, and they start falling like rain. As our braindrops fall more and more they create a mud puddle. **Our bodies feel heavy and stuck as all of our energy goes to the inside of our bodies. This kind of dysregulation is called hypoarousal.**

### **Teaching Regulation and Dys-Regulation:**

Our bodies are regulated when we are within our window of tolerance.

How do we know if we are inside or outside our window of tolerance?

We are inside our window of tolerance:

- **When we feel like we can handle what's going on around us.**
- **When we feel like we can do things without getting too frustrated or upset.**

We are outside our window of tolerance:

- **When we feel like what's going on around us is too big.**
- **When we feel like the things we're trying to do are too much.**