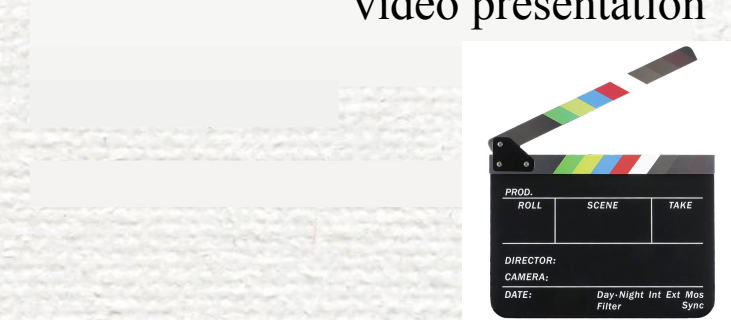


Click on the image below to access the  
video presentation



# Emotional Regulation

MANDY GOODWIN-NOA, LCSW





# SCHEDULE

Stress Effects



The Start



Activities

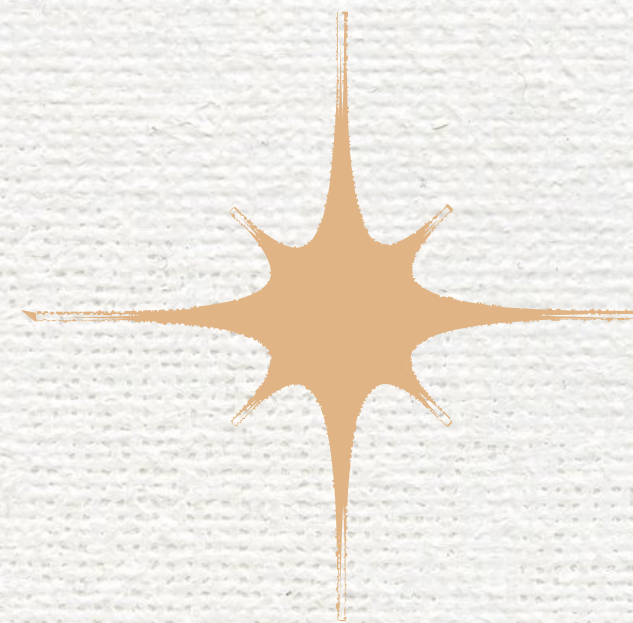


Q+A





# Stress Effects



Fight, Flight, Freeze or Fawn





# THE START

FEEL DEAL HEAL

## NAMING EMOTIONS

"I feel..."

## EMBODIED EMOTIONS

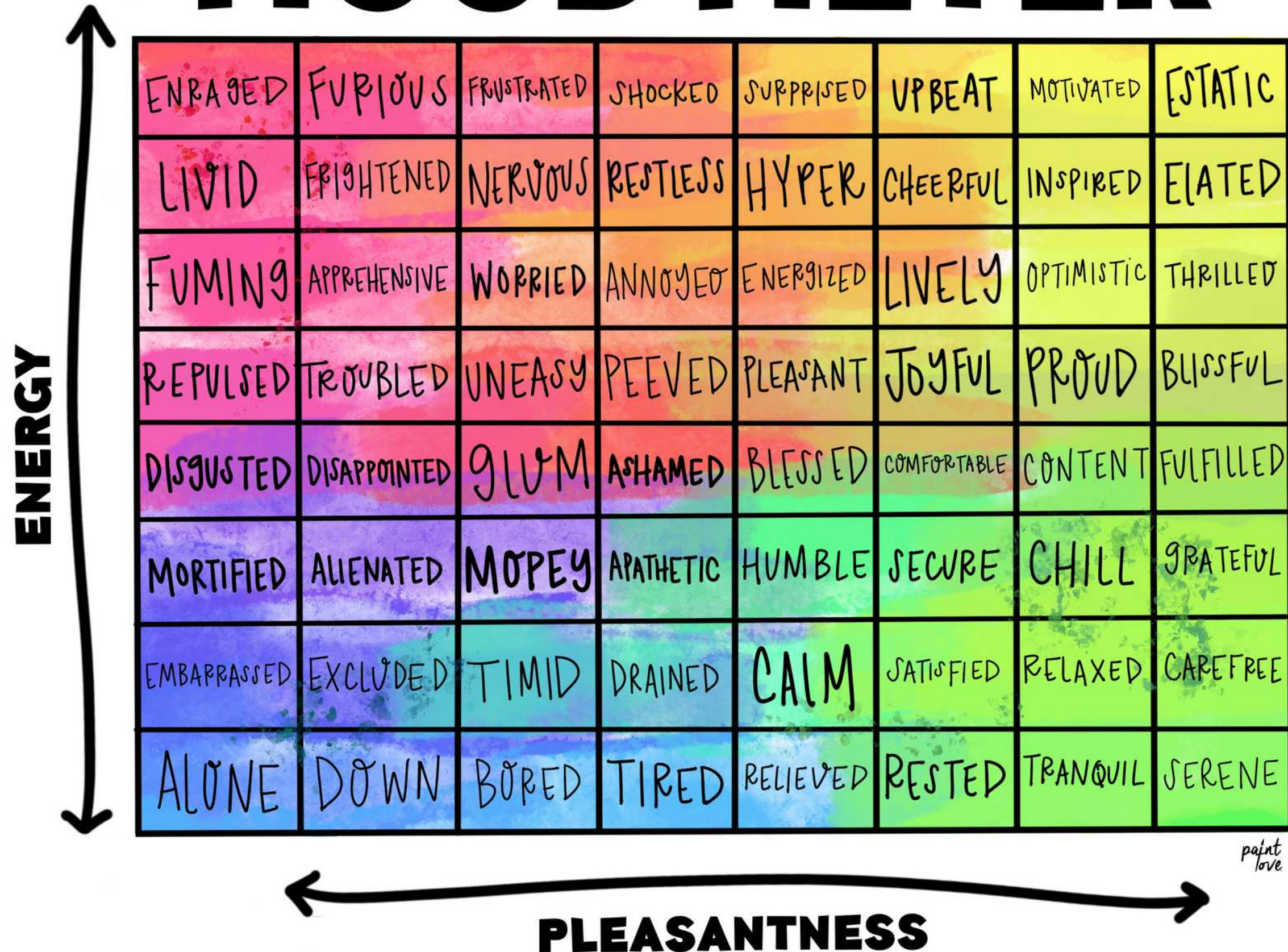
"How does it feel in your body?"

## CULTIVATING PRESENCE

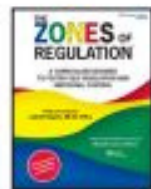
"Let's find some stillness"



# MOOD METER







To be used with *The Zones of Regulation™* curriculum  
Reproducible E

# The **ZONES** of Regulation™

			
<b>BLUE ZONE</b>  Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b>  Happy Calm Feeling Okay Focused Relaxed	<b>YELLOW ZONE</b>  Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b>  Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control





# WE ARE THE MODELS

FOR REGULATION, SELF CARE, BOUNDARIES,  
FORGIVENESS, COMPASSION, ETC.





# BREATHE

## FIVE-FINGER BREATH/BIRTHDAY CANDLES

Trace your hand with one finger – breathing in and out as you move up and down.

## ALTERNATIVE NOSTRIL BREATHING

Cover one nostril while inhaling; cover other nostril while exhaling and then inhale.

## COOKIE BREATH

Imagine your favorite cookie is in your hand. Engage all the senses including inhaling the smell.

## BUBBLES + PINWHEELS

Practice your breath while watching it move different objects.





# BREATHE

## WASHING MACHINE BREATH

Place your hands on your shoulder. Twist and exhale.

## WHOLE-BODY EXHALE

Hands over head inhale with a dramatic exhale

## BELLY BREATHING

Place a stuffed animal/hand on your belly and notice the up and down of the breath.

## BEE'S BREATH

Take a deep breath in, filling your lungs all the way up with air, and exhale with a humming noise through your teeth, buzzing like a bee.





# MOVE

## TAPPING

Example: <https://www.youtube.com/watch?v=vnhR40dm3hc>

## NOODLING

Pretend your body is a noodle. Notice where you have tension and dance.

## STRETCHING/EXERCISE

Find what feels good- as a family.

## WALKING

Play with different ways of walking. Notice the terrain.

## PROGRESSIVE MUSCLE RELAXATION

Tense and release muscles throughout the body.





# PLAY

## SCAVENGER HUNT

Finding textures, senses, and colors

## BOARD GAMES/GAMES

Use opportunities in games to notice and practice regulation

## MAKE BELIEVE PLAY

Encourage make believe play; "Give into fantasy"

## READING TOGETHER

"Alphabreaths: The ABCs of Mindful Breathing"





# CREATE

## MANDALA

Create a mandala, a "container," using materials available

## PLAYLIST/MUSIC

Create a playlist or make music to reflect regulation. Listen for sounds.

## COLORING

## WRITING/JOURNALING





# QUESTIONS?

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