

Week 1

Self-Regulation and Worry- Tips for Children

Mrs S. Martin

Hello everyone,

I understand as a mum, teacher, and student play therapist that this is a worrying, frustrating and testing time for a lot of us, children and adults alike.

With that in mind I am going to post a weekly page on wellbeing for children and adults.



Below please see some tips that might help when worry or frustration starts to take over. On the second page there is a link to a lovely colourful book on worries, please click on the link or copy the link into your browser.

Breathing - might seem pretty obvious, but it has real power when it comes to worries or when we "Flip our Lid". Breathing sends oxygen to our brain helping to bring balance to our brain and calm our flight or fight mode.

It also slows down our heart rate and relaxes our heart.

It is important to get the "out breath" longer than the "in breath".

We all need to practise deep breathing on a daily basis, so that when we need to use it to calm ourselves it comes as second nature or learned behaviour.

Here are two games to try this week... bet the kids will like the Maltesers one!

Straw Breath- Using a drinking straw show child how to take a deep breath in and then blow out all the breath through the straw, use a feather/ping pong ball/cotton wool - this will give children feedback on their outbreath. See who can blow the cotton wool ball the farthest.

- Use the straws to blow cotton wool balls between 2 people
- Use straws as a suction device - Maltesers challenge - divide Maltesers into two bowls, each player has a straw, see who can transfer the most Maltesers in a specific amount of time.

Task for dealing with worries and negative thoughts

Fire Extinguisher

Materials: Chalk, Blackboard/footpath/wall, squirty bottle with water

Instructions:

1. Write or draw something that causes the anxiety on a blackboard/pavement.
2. Think about what you can control about this worry. Is it your worry, or is it for Mum or Dad? What is the likelihood of the worry happening? If the worry is for you, is there anything within your control that you can do to lessen this worry or make it smaller?
3. Talk back to your worry out loud or in your head and tell it what you are going to do about it and squirt it with fire extinguisher i.e. bottle of water.
3. Erase it, watch it disappear and in its place write power/positive words instead.

Book link

Link to the book *Everybody Worries* by Jon Burgerman

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx&fbclid=IwAR32wjn7Bi4oeMY-gI2a9etBwzJAuDslurdkwo0l3quVEpjM4YZmdBCBUa8>