

Self-Regulation Practice Brief

Do you have children who are struggling to understand and express their emotions in ways that are safe for themselves and others? This self-regulation practice brief includes an overview of self-regulation, the development of the skills associated with self-regulation, and strategies teachers can use in the classroom to support children as they work through these developmental stages. Get the brief [here](#).

Classroom Based Tips

Adult responses and the environment children engage in heavily influence children's ability to self-regulate. This tips sheet provides simple direct strategies educators can use to create climates and responses that enable children to successfully self-regulate. The value of co-regulation is presented along with six tips for engaging in this valuable practice. View the sheet [here](#).

Visuals to Support Self-Regulation

Visuals can be a powerful tool to support children as they learn to safely express emotions and regulate their bodies. Visuals that support [breathing](#) strategies and [relaxation](#) are [available in multiple translations](#) through the National Center for Pyramid Model Innovations (NCPMI). Find more at <https://challengingbehavior.org>

Using Children's Literature to Support Self-Regulation

There are many children's books that can be utilized to help children understand and develop self-regulation skills. Children can also develop their own plays, draw pictures to illustrate the choices of characters, and discuss choices characters made. The [Book Nook link](#) provides an extensive list of children's literature and accompanying activities. Educators can also use this resource to search by age range and instructional theme.

Using Music to Support Self-Regulation

Music can be a great strategy to help children practice self-regulation. Songs that require children to [control their movements](#), [regulate their breathing](#), or move their bodies in safe ways can help support the development of self-regulation skills. Children can also learn strategies they can use when they experience challenging emotions like [anger](#).

Use of Teacher Modeling

Educators also experience a wide range of emotions and may struggle with their own ability to regulate those emotions. Teachers can model how they regulate and experience emotions to create more authentic relationships and support children's development of self-regulation skills. This [video](#) includes one teacher's experience modeling emotional regulation in the classroom.

Family Resources on Regulation

This Australian website includes content to support families as they navigate various stages of their child's development. [This section of the website](#) has resources to help families understand what regulation is, why it's important, and how to support their child as they develop these skills. There are additional hyperlinks embedded in the page that will help families navigate challenges related to their own emotions and address regulation in a developmentally appropriate manner.

A Regulation Gumdrop

Enjoy the ways in which one child coaches another to use breathing for regulation [in this brief video](#).

Natural Resources is a free, monthly, one-way listserv. Each issue features readily available and free resources on a specific topic related to children from birth through age 8 and their families. [Highlighted resources are in Spanish. Los recursos destacados están en español.](#) Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at <https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, please contact Camille Catlett at camille.catlett@unc.edu