

Monthly Wellbeing September



Self Regulation



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

What is Self-Regulation?

Self-Regulation empowers students to work and play well with others, cope with frustrations and resolve conflict. Research shows when we encourage and work with children/youth to manage their self-regulation we are then helping them to reduce stress and increase their overall wellbeing.

◆ Start with yourself

In order for us to be a good friend, student, family member and staff member we have to be able to recognize our own body signals. These are signals that our bodies can send us during times of stress, excitement, anger, or other high emotions. When receiving these signals it is important to take the time to take care of yourself!

◆ Move Your Body

Expose your children/youth to a wide range of activities that allow them to play and move their bodies. This could be dance, hockey, golf, swimming, tag, and many more. By getting blood pumping it allows the Prefrontal Cortex to start thinking about self-regulations and steps that may need to happen next. Start small and work your way up, anything can help!

◆ Relax

Relaxation is a key component of self-regulation. Take moments in your day to practice controlled breathing. The more this is practiced the more the body begins to realize that it is time to calm down/relax the brain and the body.

ENCOURAGE THE FOLLOWING AT HOME AND SCHOOL TO HELP SELF-REGULATE:

- ◆ Deep Breathing
- ◆ Movement
- ◆ Stretching
- ◆ Prayer
- ◆ Communicating
- ◆ Goal Setting

Self-Regulation Resources:

Children's Mental Health

Ontario:

<https://www.cmho.org/>

Everyday Mental Health

Classroom Resource:

<https://smh-assist.ca/emhc/>

Activity:

Deep Belly Breathing

Below is a link for deep breathing. By practicing deep breathing both at home and school you are supporting a better gain of self-regulation.

- ◆ https://drive.google.com/file/d/1OJpTijzEsLpPb3tVq-YBpX2DVngm_miE/view

Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages self-regulation practices!



Get your children playing, moving, and breathing!

For more information, contact Chris Preece at chris.preece@sccdsb.net