

# COUNSELOR'S CORNER

A helpful Tool for Parents ☺

- Davie Jones Elementary -

## Self-Regulation and Self-Awareness

DR. STUART SHANKER describes three key steps needed for your child to self-regulate. (1) Adults need to reduce the child's overall stress level which can be achieved when the child gets at least 8 hours of sleep, gets nutritious foods and receives lots of exercise. Limiting screen time with video games and TV is essential to reduce sensory input and provide an environment that can be calming. (2) Adults should draw awareness to what calm looks like in the body and feel like, as well when your child is heightened or "hyper". (3) The third thing is to provide information to your child about ways they can return to being in a calm and focused state and discuss which experiences need to be managed or avoided to regulate themselves (ie: when and where are they most lacking regulation and what can they do?).

### Related books to read for Fun at Home:

- Grumpy Pants by Claire Messer
- I Speak Dinosaur by Jed Henry
- Waiting Is Not Easy by Mo Willems
- What Were You Thinking?: Learning To Control Your Impulses by Bryan Smith
- Of Course It's A Big Deal by Bryan Smith
- My Day Is Ruined by Bryan Smith
- Moody Cow Meditates by KerryLee MacLean

### 10 Games For Self-Regulation At Home:

- (1) Bop IT,
- (2) Spot IT,
- (3) Operation,
- (4) Jenga,
- (5) Headbantz,
- (6) Hide & Seek,
- (7) Candyland,
- (8) Simon Says,
- (9) Chutes and Ladders,
- (10) Freeze Dance

### November Guidance Lessons:

Self-regulation, Self-awareness

