

Children's Mental Health Week 2024



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Our NEW Emotional Wellbeing and Regulation Curriculum

BLUE	GREEN	YELLOW	RED
			
SICK SAD TIRED BORED MOVING SLOWLY LOW	HAPPY CALM GOOD TO GO FOCUSED READY TO LEARN	FRUSTRATED WORRIED SILLY/WIGGLY ANXIOUS EXCITED HYPER	MAD/ ANGRY MEAN HITTING/ THROWING OUT OF CONTROL I NEED TIME AND SPACE

DEFINITION OF SELF-REGULATION:

“...it is defined as the capacity to manage one’s thoughts, feelings and actions in adaptive and flexible ways across a range of contexts.”

Jude Nicholas

It encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation



WHY IS SELF-REGULATION IMPORTANT?

Life is 10% what happens to us and 90% how we react to it.

Charles Swindoll

- Research has found that higher academic achievement is more likely when interventions include self-regulation components.



- Typically, children who can self-regulate will turn into **teens who can self-regulate.**

A person who can self-regulate is able to:

- remain CALM AND ORGANISED in a stressful situation.

(Executive Functions)



- cheer themselves up after a disappointment.

(Emotional Regulation)

cheer up!



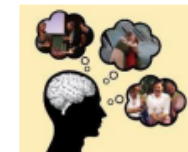
- knows when they are experiencing sensory overload and can make adjustments.

(Sensory processing)



- Understands when it is appropriate to cheer and shout and when to be quiet.

(Social cognition)





Regulation Visuals

Colour Monster EYFS



Inside out characters KS1 & Lower KS2

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Mood Meter Upper KS2

enraged	panicked	stressed	jittery	shocked	surprised	upbeat	festive	exhilarated	ecstatic
livid	furious	frustrated	tense	stunned	hyper	cheerful	motivated	inspired	elated
fuming	frightened	angry	nervous	restless	energized	lively	enthusiastic	optimistic	excited
anxious	apprehensive	worried	irritated	annoyed	pleased	happy	focused	proud	thrilled
repulsed	troubled	concerned	uneasy	peevied	pleasant	joyful	hopeful	playful	blissful
UNPLEASANT					PLEASANT				
disgusted	glum	disappointed	down	apathetic	at ease	easy going	content	loving	fulfilled
pessimistic	morose	discouraged	sad	bored	calm	secure	satisfied	grateful	touched
alienated	miserable	lonely	disheartened	tired	relaxed	chill	restful	blessed	balanced
despondent	depressed	sullen	exhausted	fatigued	mellow	thoughtful	peaceful	comfy	carefree
despair	hopeless	desolate	spent	drained	sleepy	complacent	tranquil	cozy	serene

Lazy 8 Breathing

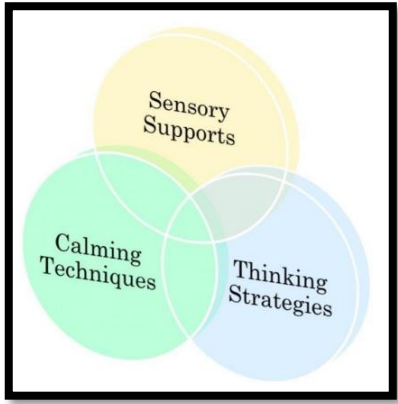
SQUARE BREATHING

The Six Sides of Breathing

Calming breathing strategies

CALMING ACTIVITIES

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks



Thinking Strategies

Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?

EXPLORE EXPECTED AND UNEXPECTED REACTIONS... MAKE SURE YOU FREQUENTLY PRAISE YOUR CHILD FOR HAVING EXPECTED REACTIONS RATHER THAN JUST POINTING OUT THE UNEXPECTED.

SENSORY STRATEGIES:

- Bear Hug
- Swing/rock
- Go for a walk
- Wall push ups
- Sucking smoothie through straw
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll

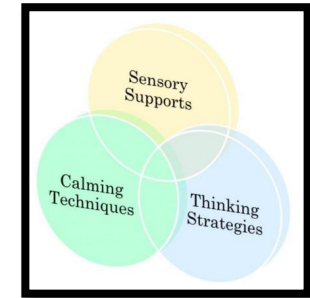
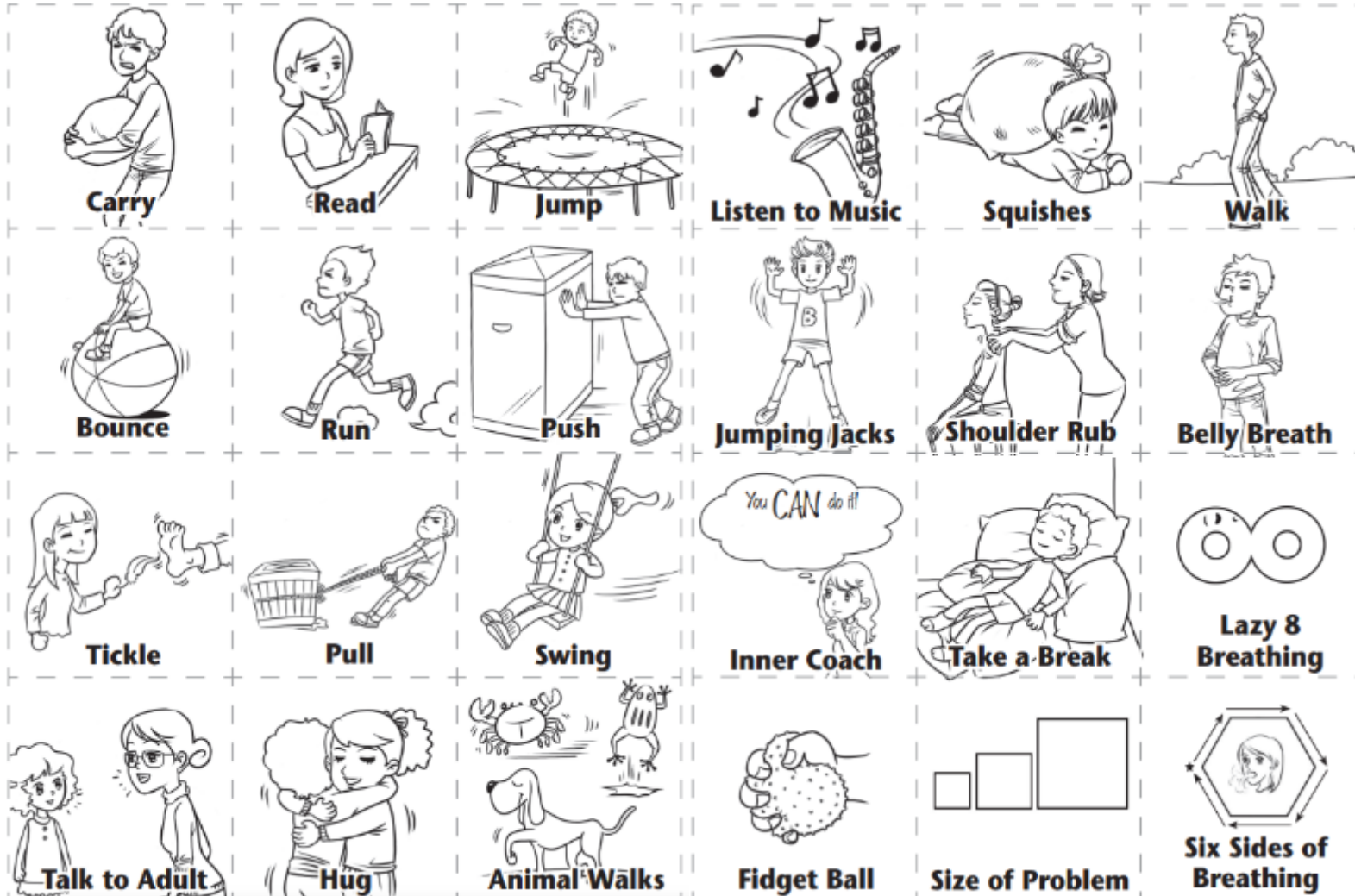
These are not a treat but a tool to help the child feel regulated.

SENSORY TOOLS

HAT CAN I SAY TO MYSELF?

STEAD OF...	TRY THINKING...	INNER COACH VS INNER CRITIC
I'M NOT GOOD AT THIS	-WHAT AM I MISSING?	
I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK	
I GAVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED	
THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT	
WHY CAN'T I MAKE THIS ANY BETTER?	-I CAN ALWAYS IMPROVE. I'LL KEEP TRYING	
WHY CAN'T I DO MATH?	-I'M GOING TO TRAIN MY BRAIN IN MATH	
I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE	
I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT	
IS THIS GOOD ENOUGH?	-IS THIS REALLY MY BEST WORK?	

Reflection



Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.

Enjoy
Mental
Health
Week

