

Self- Regulation & Well-Being Activities

Week of May 25-29

Free Choice:

Ask your child to choose a game or activity that they enjoyed from the past few weeks calendars and do it again!

Jenga/Don't Let It Fall

How this helps self regulation and well-being:

Helps with learning to be patient and wait, using gentle hands, turn taking, dealing with frustration (items falling), tidying up etc.

You will need:

Blocks or items you can stack.

Instructions:

1. Stack the items as tall as you want, but do not let them fall.
2. Slowly and carefully, take one item from the stack, but be careful not to knock them all down! Take turns doing this. Your child can go next.
3. The point of the game is to not let them all fall!



If you do not have anything stackable, you can create your own game by using a plastic or styrofoam cup:

1. Poke holes with a pencil all around the top of the cup.
2. Place a bunch of straws, pencils, or markers in through the holes from one side to reach the other.
3. Place a bunch of marbles, small pasta, Lego pieces, or gold fish crackers (whatever you have) on top of the pencils.
4. Each person can take a turn pulling out a pencil. Don't let the items fall!



Self- Regulation & Well-Being Activities

Cosmic Kids

How this helps self regulation and well-being:

A fun and calming way to move your body and release some energy. You can choose a theme or character your child loves and search for that exercise (i.e. Pokemon, nursery rhymes, princesses etc.).

You will need to:

Click on the link below and do it with your child.

<https://www.cosmickids.com/>

Or

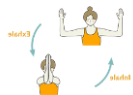
Try these stretching poses together to calm your body:

Sitting on the floor with your legs crossed:

Start by breathing in for 5 seconds, then out for 5 seconds.



1. Give yourself a hug and twist back and forth, right and left.



2. Hold your arms up together in front of you, breathe in, and as you breathe out move your arms apart.



3. Breathe in, put your arm up.



Breathe out, put your arm over your body.



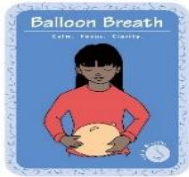
4. Stretch your back to curve backwards, then curl forward and over your knees.



Self- Regulation & Well-Being Activities

Feelings

When your child is feeling mad or angry, try these things to help them get back to feeling good and happy. Here are some things you can do that could help your child:



Balloon breath: breath in, count to 5 and breath out count to 5.



Use **headphones** to block out noise/too much stuff.

Listen to **soft music** or white noise.

Find a **quiet space** alone.



Say **“I need a break”** and take one.

Give a **choice**, i.e. “would you like your headphones, or would you like to take break?”

Feelings Resources:

StoryBots “Emotions” (also available on Netflix)

<https://www.youtube.com/watch?v=akTRWJZMks0>

“Emotions” is a video with songs about emotions like being mad, happy, sad and silly.



“The Bad Seed” by Jory John

<https://www.youtube.com/watch?v=uqsGoiz-ufg>

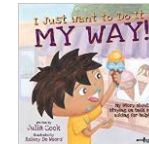
Is a children’s book read out loud about a seed and how he is seen by others and tries to be “good”.



“I Just Want To Do It My Way” by Julia Cook

<https://www.youtube.com/watch?v=RTBQ1htUfyk>

Is a children’s book read out loud about a child who learns to ask for help.



The 2 books can also be found at the Hamilton Public library