

# Wellbeing Wednesday

25th September 2024

## HOW ARE YOU REALLY FEELING?

@crazyheadcomics



Dear parents/ carers,

So far this term, we have spent a lot of time learning about emotional regulation and why this is important to us. Currently we are in the process of teaching our children to identify a range of different emotions and emphasise that all emotions are valid and important. We are doing this through a programme called The Zones of Regulation. The Zones of Regulation teaches children to group their feelings into four different coloured zone: Blue, Green, Yellow & Red to make it easier for them to talk about and identify.

Blue	Green	Yellow	Red
Sad	Calm	Worried	Elated
Bored	Relaxed	Anxious	Furious
Tired	Happy	Silly	Angry
Poorly	Safe	Excited	
	Regulated	Confused	

We often hear of children coming home from school and exhibiting dysregulated behaviours - meltdowns, tantrums, refusals. This can be because they have had to cope and manage in school all day due to following school expectations. We can think of the analogy of a bucket. When our children are at school, their bucket is being constantly filled up by the different tasks and demands of the day and by the time they leave it is at full capacity. Therefore, when they come home and face a slight challenge or inconvenience, their bucket will overflow and emotions will spill out! To manage this, putting in place 'bucket emptying' strategies, regulating strategies can really help to allow for a smoother evening and a more regulated child!

### Strategies

- ◇ Creating a calm space at home for your child to go to when they arrive home. Dark, cosy with a few sensory aids.
- ◇ Weighted blanket - sometimes the pressure created by the blanket can ground the children and bring them a sense of calm.
- ◇ Sensory circuit - a series of exercises/ activities for your child to complete that require *alerting, organising and calming* - examples: [Sensory-circuit.pdf \(adhdfoundation.org.uk\)](https://www.adhdfoundation.org.uk/resources/sensory-circuit.pdf)
- ◇ Offloading - this could be where you set aside time to chat to your child about their day or give them the opportunity to write down how their day went. Let them decide if they want to share it with you or not.
- ◇ Routines - we often underestimate the power of a routine and how effective they can be in providing calm and stability. Maybe add an element of choice into the afterschool routine for your child, to allow them to feel as if they have an element of control.
- ◇ Listening to music through headphones - allowing them time to switch off from the outside world and listen to their favourite tunes.