
Self-Reg For Co-Regulation

— Our Calm
Invites
Their Calm —

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OVERVIEW

Each day you will be sent an email with some activities and opportunities for the day.

The main focus will be on your own Self-Reg.

We believe strongly that the best way to help a child become regulated is for the adults to first be regulated themselves.

OVERVIEW

Daily Schedule

1. Breathe
2. Morning Reflection
3. Self-Reg Learning
4. Self-Reg for You
5. Choice Activity
6. Wonder Child
7. Connect & Reflect

OVERVIEW

DEMONSTRATE YOUR LEARNING Options

This week, we ask that you respond to the questions, prompts and learning materials in a way that best suits you.

Consider the following options:

- A reflective journal - paper & pen
- A digital journal - open a new file especially for this
- A blog post
- An art journal
- Sketchnote(s)
- Other reflective practice

OVERVIEW

THIS WEEK

Each day we will touch on one part of Self-Reg based on the work of Stuart Shanker from the Mehrit Centre. (Find more information [here](#).)

This plan may be subject to change. Together we will navigate the week ahead and whatever comes our way.

Tuesday:

- Self-Reg: Reframe the Behaviour

Wednesday:

- Self-Reg: recognize Stressors - 5 Domains

Thursday:

- Self-Reg: Reduce Stressors

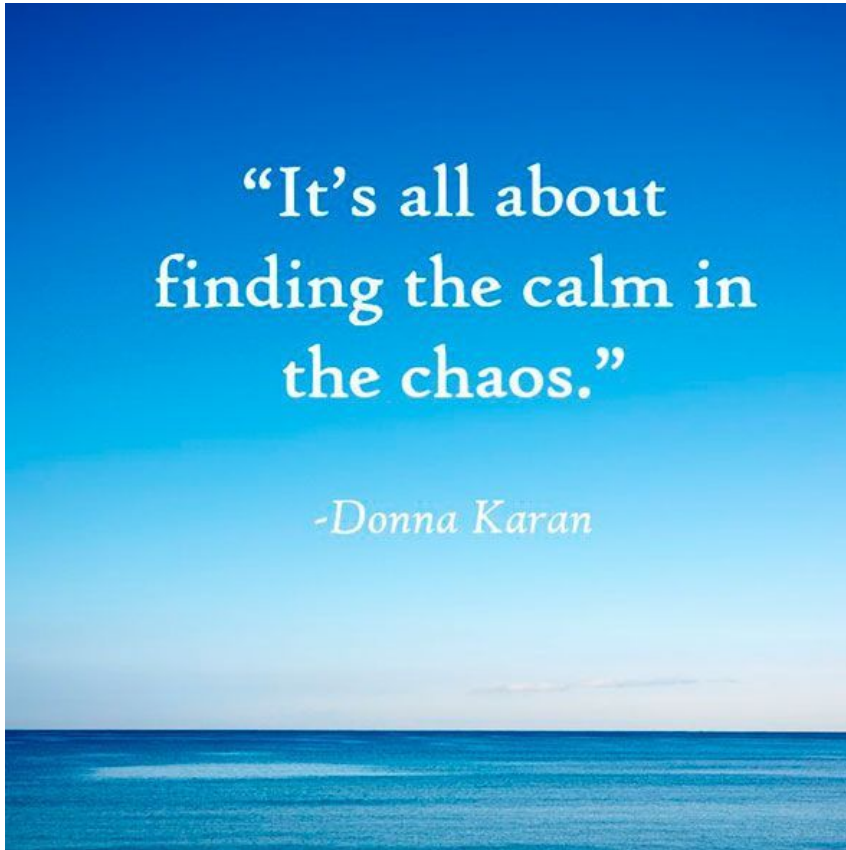
Friday:

- Self-Reg: Reflect & Respond

OVERVIEW

“It’s all about
finding the calm in
the chaos.”

-Donna Karan



TUESDAY

Tuesday Daily Schedule

1. **Breathe**
2. Morning Reflection
3. Self-Reg Learning
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BREATHE



We're
All in
This
TOGETHER

Tuesday Daily Schedule

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MORNING REFLECTION

Morning Reflection

Consider the following list (next page) & respond where you are recording your reflections (see page 5 for options):

1. What is one point that was a good reminder?
2. What is an action step you might take in response?
3. What would you add to the list (or create a brand new list)?



@kwiensb2

Morning Reflection

WORKING REMOTE - COVID-19 PRINCIPLES

1 - You are not "working from home", you are "at your home, during a crisis, trying to work".

2 - Your personal physical, mental, and emotional health is far more important than anything else right now.

3 - You should not try to compensate for lost productivity by working longer hours.

4 - You will be kind to yourself and not judge how you are coping based on how you see others coping.

5 - You will be kind to others and not judge how they are coping based on how you are coping.

6 - Your team's success will not be judged the same way it was when things were normal.

Author unknown

Go back and look at the 3 reflective questions.

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SELF-REG LEARNING

Reframe the Behaviour

One of the important practices in Self-Reg is to reframe the behaviour.

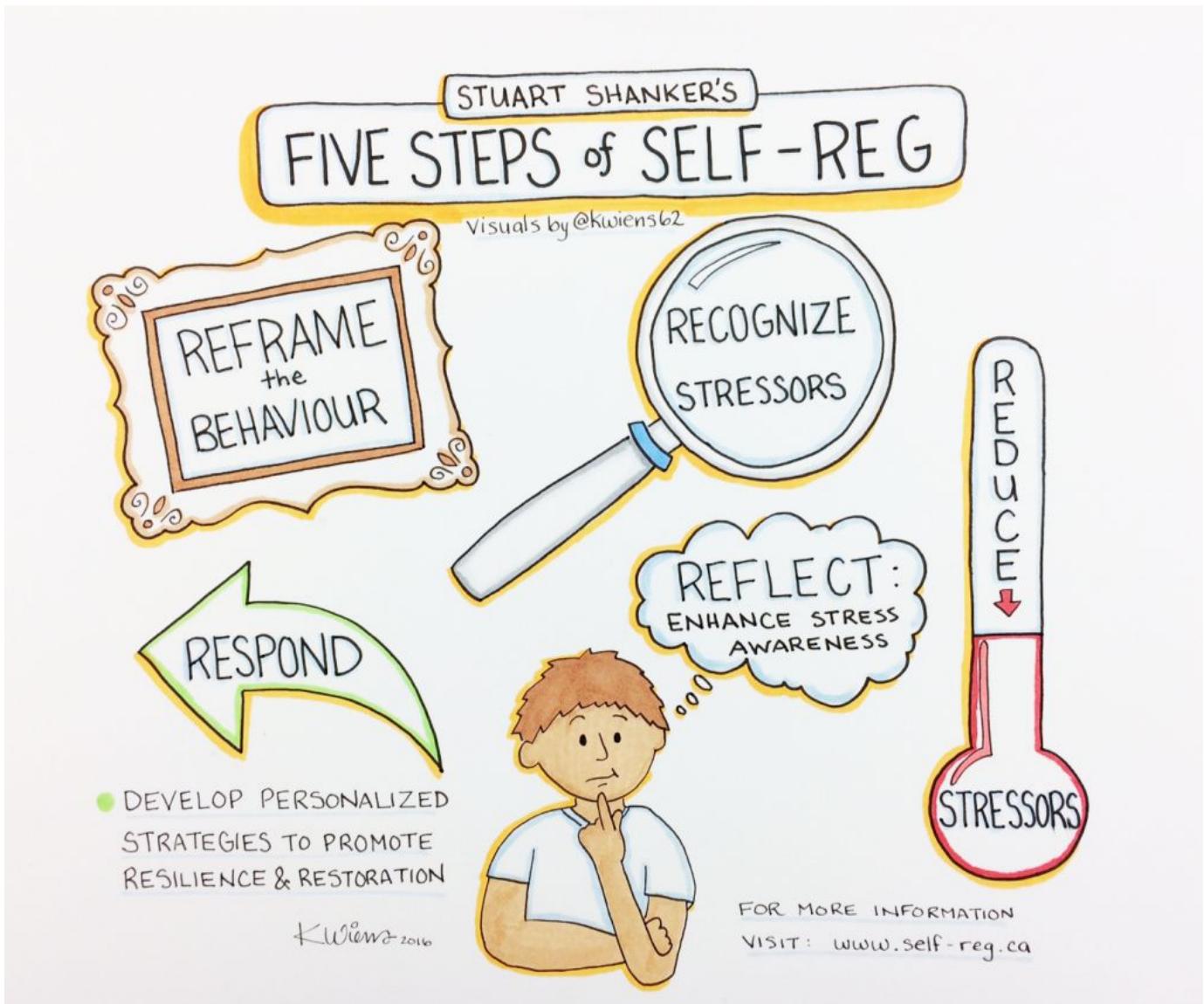
When we realize that so much of our behaviour and our children's behaviour is a response to the stress in our lives, it makes sense to call it "stress behaviour".

Instead of kids "misbehaving" can we think of them as "stress behaving"?

When we are feeling overwhelmed, instead of thinking of ourselves as "grumpy", "lazy", "bad parents", ("____" fill in the blank with whatever criticism your self-talk throws your way)...can we think of it as "stress behaviour"?

Choose **one** of the following two options to learn more or review what you know about Self-Reg.

Self-Reg Learning: Option A



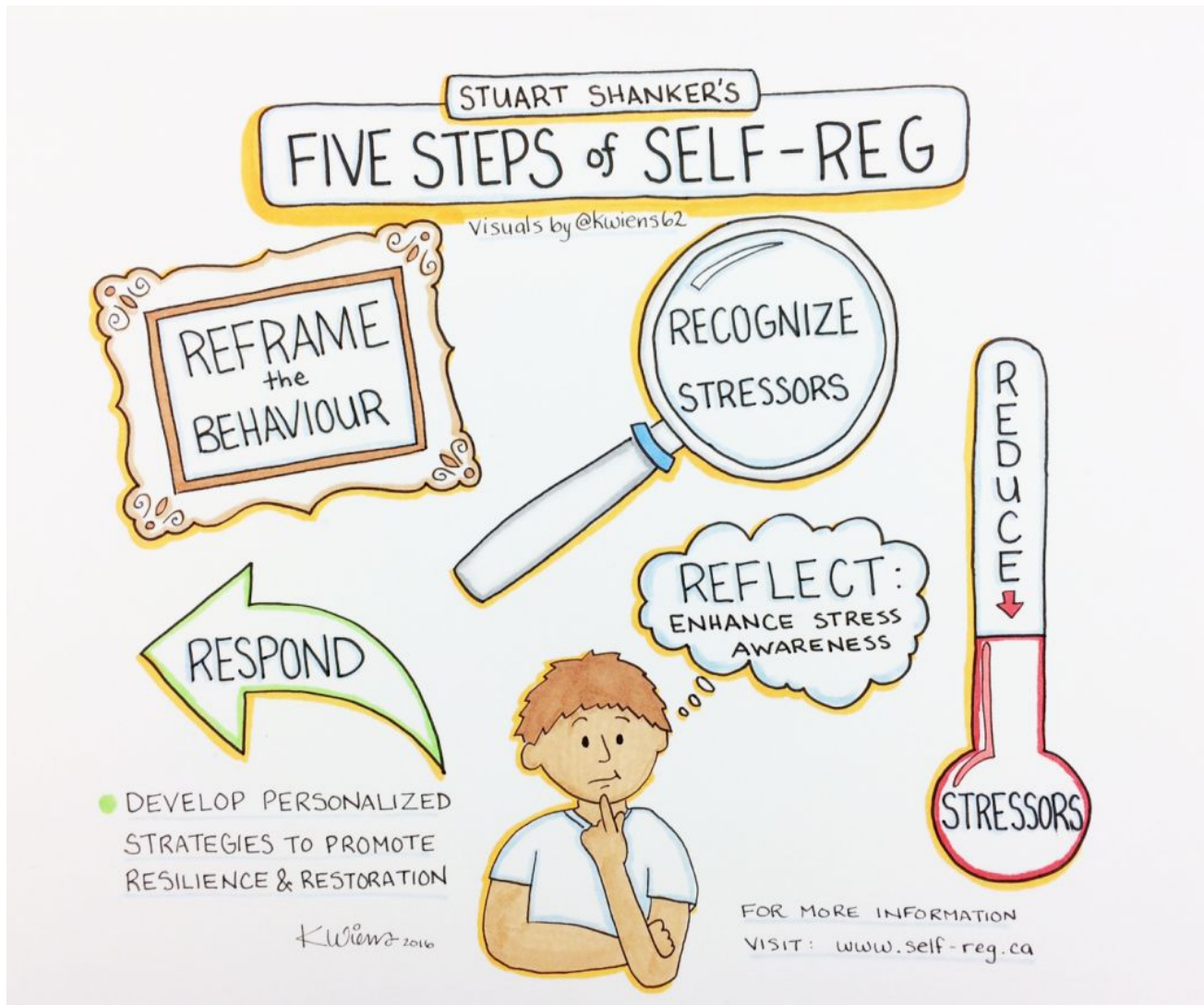
Video Option: watch all 3 videos

[Video Link 1](#)

[Video Link 2](#)

[Video Link 3](#)

Self-Reg Learning: Option B



Article Option: read article

[Article Link](#)

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SELF-REG FOR YOU

Self-Reg for You

Think back to yesterday and reflect on the following:

- When do you remember feeling the most calm?
- What did it feel like in that moment?
- What factors contributed to that moment being the most calm?
- Can you create similar conditions at any point today?
- If you had a friend in the exact same situation as you are in right now, what would you recommend to them that would help them be a little bit calmer?
- Can you do this?



Self-Reg for You

Add one thing to today's schedule that would be good for your own self-regulation.

Things to consider:

- Guided meditation practice: [audio link](#)
- Mindful yoga (37 mins.): [video link](#)
- Mindful yoga (20 mins.): [video link](#)
- Kitchen Dance Party
- Prepare a healthy meal
- Nap
- Storytime & snuggles with the kids
- Writing 3 gratitudes
- Create a playlist that makes you smile
- Facetime a friend or family member
- Art Journaling
- What is restorative for you?

Self-regulation refers to how well we manage stress, how much energy we expend, and how well we recover.

-Dr. Stuart Shanker



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CHOICE ACTIVITY

Choice Activity

Choose at least **one** per day of the following activities listed on the next two pages.
(These options will remain the same all week.)

Videos / Podcast:

- Brene Brown podcast (*NEW* covid-19 specific): [web link](#)
 - I highly recommend this one
- Self-compassion: [video link](#)
- Treating yourself with kindness: [video link](#)
- Self-Care: What it really is: [video link](#)

Explore one of these professionals online (google search, YouTube, websites, etc):

- Dr. Daniel Siegel
- Dr. Jody Carrington
- Dr. Vanessa LaPointe
- Barbara Coloroso



Choice Activity Continued...

Choose at least **one** per day of the following activities listed on this or the previous page.

(These options will remain the same all week.)

Kid Friendly options:

- Create a visual schedule for your new at-home routine(s)
- Watch Inside Out (make connections to Self-Reg):
 - Disney + or YouTube
- Watch Finding Owen 20/20 special: [video link](#)
 - And/or watch "Life, Animated": [video link](#)
- Watch Temple Grandin: [video link](#)
- Make a collage with your kids about things that make them happy
- Make a gratitude jar or journal: [Link to "My Gratitude Jar" story](#)
- Create a calm down kit full of items that help you and your child feel calmer
- Do a kids yoga video together



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WONDER CHILD

Wonder Child

Think of a student that you support at school.

For a moment, think to yourself:

- I wonder when this child feels most regulated?
- I wonder what new ways I can connect with this student?
- I wonder how I can more effectively co-regulate with this student?



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CONNECT & REFLECT

Connect & Reflect

You may wish to connect with a colleague to discuss your thoughts about your professional development explorations today. Alternatively, you may prefer to reflect on your own.

Possible topics to discuss:

- Morning Reflection
- Self-Reg
- Self-Reg for You
- Choice Activity
- Wonder Child

Record your reflections in the format of your choice.

Feel free to post your thoughts or creations on social media and tag me.

I would love to see what you are thinking, creating or sharing.

Twitter: @kwiens62

Instagram: kristin.wiens

Facebook: LongStoryShortz