

Pro-D
MODULE TWO

Self-Regulation
For
Co-Regulation



OUR CALM INVITES THEIR CALM

Created by Kristin Wiens

OVERVIEW

The main focus of these 4 modules is on your own self-regulation.

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

These four modules were created as part of my personal learning of [Shanker Self-Reg®](#) through [THE MEHRIT Centre's Foundations and Facilitator Program](#). I have been given permission by The MEHRIT Centre to share these modules with my community.

OVERVIEW

Schedule

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

OVERVIEW

DEMONSTRATE YOUR LEARNING Options

In this module, 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

Please feel free to record as much or as little as works for you today.

We hope that you will enjoy this mini learning journey.

OVERVIEW

Modules

In each module we will touch on one part of Self-Reg based on the work of Stuart Shanker from the MEHRIT Centre. (Find more information [here](#).)

Module 2:

- Self-Reg: Reframe the Behaviour

Module 3:

- Self-Reg: recognize Stressors - 5 Domains

Module 4:

- Self-Reg: Reduce Stressors

Module 4:

- Self-Reg: Reflect & Respond

Module 2

Schedule

1. **Breathe**
2. Reflection
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AMY SALTZMAN'S

MINDFULNESS FOR KIDS

WWW.STILLQUIETPLACE.COM

S
T
A
R

S IS FOR STOP...
WHEN YOU ARE FACED
WITH A DIFFICULTY, STOP

T IS FOR TAKE A BREATH...
USUALLY TAKING A FEW
SLOW DEEP BREATHS
RELAXES THE MIND.

A IS FOR ACCEPT...
ACCEPT THAT YOU'RE
HAVING DIFFICULTY

R IS FOR RESTART...
WHEN YOU ARE READY YOU
CAN TRY AGAIN OR MOVE ON
TO SOMETHING ELSE

AGES 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND
NOW, WITH KINDNESS AND CURIOSITY, AND
THEN CHOOSING YOUR BEHAVIOR.

AMY SALTZMAN

A
B
C

A IS FOR ATTENTION...
SOMETIMES IT HELPS TO
STOP AND PAY ATTENTION
TO OUR BREATH

B IS FOR BREATH...
USUALLY WHEN WE PAY
ATTENTION TO OUR BREATH
IT IS EASIER TO FEEL CALM

C IS FOR CHOOSE...
WE CAN MAKE A CHOICE
THAT IS KIND FOR US
AND KIND TO OTHERS

AGES 5-7

P
E
A
C
E

P IS FOR PAUSE...
PAUSE WHEN YOU
REALIZE THAT THINGS
ARE DIFFICULT

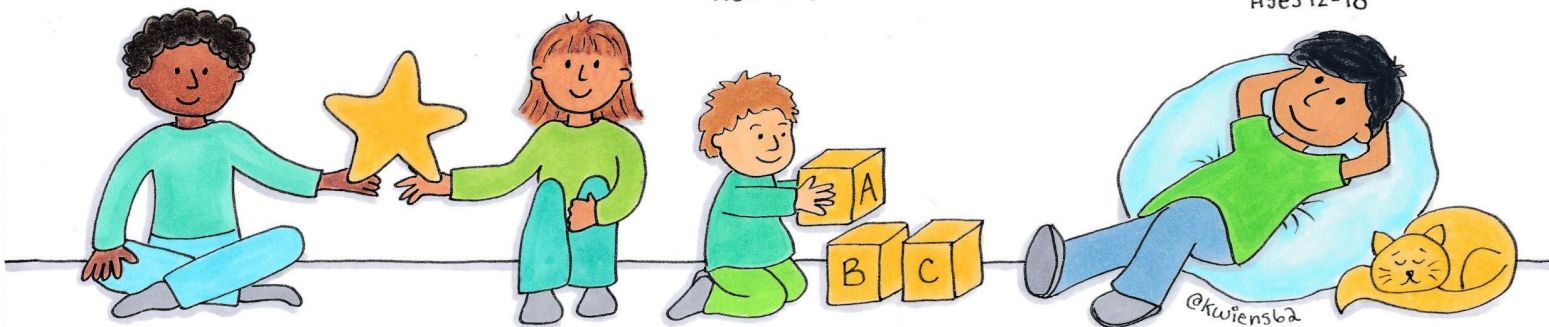
E IS FOR EXHALE...
KEEP BREATHING
SLOW, DEEP BREATHS

A IS FOR ACCEPT...
ACCEPT THAT THE
SITUATION IS WHAT IT IS

C IS FOR CHOOSE...
MAKE A CHOICE
THAT IS KIND TO YOURSELF
AND KIND TO OTHERS

E IS FOR ENGAGE...
WHEN YOU ARE READY
ENGAGE WITH THE SITUATION
& PEOPLE INVOLVED

AGES 12-18



BREATHE

Take a moment to try one of these practices. They are designed with kids in mind yet benefit anyone, of any age.

Schedule

1. Breathe
- 2. Reflection**
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REFLECTION

Reflection

Consider the following list (next page):

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)?



The word "HOPE" is written in a hand-drawn, blocky font. Each letter is filled with a different color: 'H' is teal, 'O' is yellow with a pink heart inside, 'P' is light green, and 'E' is light blue. The letters are outlined in black.

@kwiensb2

Reflection

ISOLATION WELLBEING DAILY TO-DO LIST:

ESSENTIAL TASKS: SHOWER MEDICATION _____

CLEAN ONE THING/SPACE:

TEND SOMETHING GROWING: PLANT CHILD _____

BE MINDFULLY PRESENT TO...

A SOUND OR SONG:

A SENSORY FEELING:

SOMETHING YOU SEE:

A SPIRITUAL PRACTICE:

REACH OUT TO A HUMAN BEYOND YOUR HOME

DO ONE THING TO GET YOUR HEART RATE UP

& DO ONE THING YOU'LL BE GLAD YOU DID LATER

@LINDSAYBRAMAN

Go back and look at the 3 reflective questions

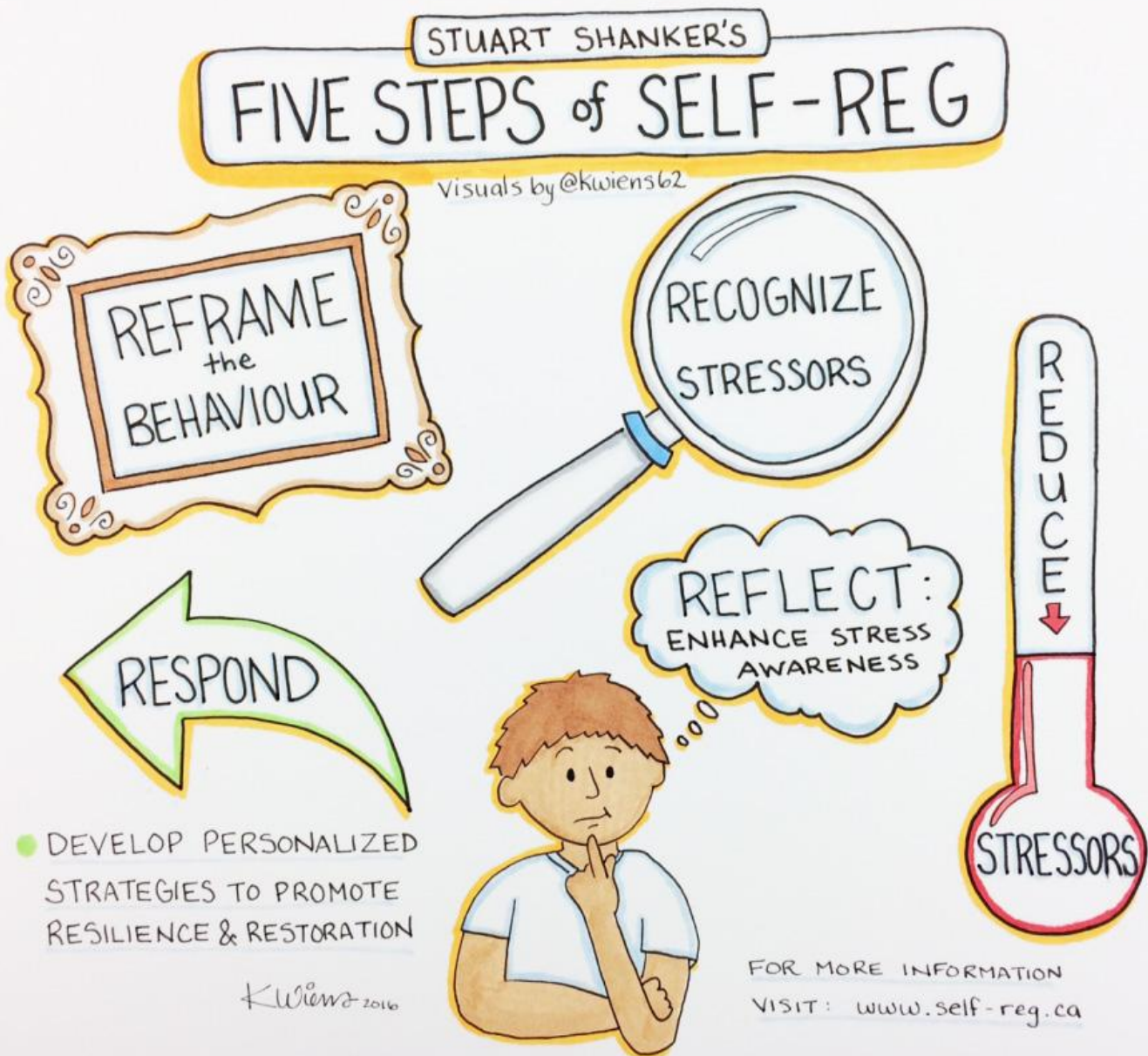
Schedule

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SELF-REG LEARNING

Shanker Self-Reg[®]

- In the last module we started to look at the 5 practices of Self-Reg.
- We explored the idea of “Reframing the Behaviour”. Instead of “misbehaviour” can we see “stress behaviour”?
- In this module, we will explore the practice called: **Recognize Stressors**.



Recognize Stressors

- The second practice in Stuart Shanker's Self-Reg model is "recognize stressors".
- Stuart has identified 5 domains of stress: biological, cognitive, emotion, social and prosocial.
- In this practice we get to put on our detective hats and take a closer look at all the possible stressors impacting ourselves and impacting others. We become "**stress detectives**".
- Once we start looking for stressors, we can quickly begin to realize how many different forms and sources of stressors there are in our lives and in the children we support.

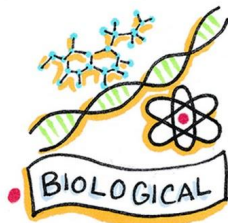
Recognize Stressors

A few things that happen for me when I do this detective work:

- I am more compassionate to myself and others because I have a greater understanding of my stress load and theirs.
- I get very curious about what other “hidden stressors” I might be missing.
- My creative brain starts to go to work thinking of ways I can reduce the stress.
- I start seeing “stress behaviour” rather than “misbehaviour”.
- I start seeing the “problem behaviour” as an opportunity to grow and learn.

Recognize Stressors

Click on the links below to learn more about each domain.



What is the biological domain?

[VIDEO LINK](#)

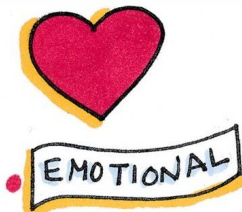
(1 minute)



What is the cognitive domain?

[VIDEO LINK](#)

(1 minute)



What is the emotion domain?

[VIDEO LINK](#)

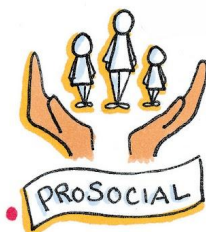
(1 minute)



What is the social domain?

[VIDEO LINK](#)

(1 minute)



What is the prosocial domain?

[VIDEO LINK](#)

(1 minute)

Recognize Stressors



STRESSORS CAN AFFECT OUR PHYSIOLOGICAL SYSTEM AND TAKE US OUT OF OPTIMAL FUNCTION. THIS CAN INCLUDE NOISES, CROWDS, TOO MUCH VISUAL STIMULATION, OR NOT ENOUGH EXERCISE.



BALANCE



HOMEOSTASIS—WHICH RESULTS IN A STATE OF CALMNESS—OCCURS WHEN ENERGY EXPENDITURE AND RECOVERY ARE IN SYNC.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

Which of these examples have you experienced?



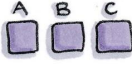

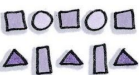



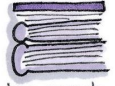




Recognize Stressors

EXAMPLE STRESSORS

COGNITIVE DOMAIN

@kwiens62

COGNITIVE STRESS IS CAUSED BY DIFFICULTY PROCESSING CERTAIN KINDS OF INFORMATION.

 organizing thoughts	 time pressure	$2t = 9 \pm \sqrt{5}$ difficult task (not age appropriate)	 tests	 learning something new
 boredom	 making decisions	 concentrating	 pattern recognition	 slow processing speed
 too many interruptions	 being put on the spot	 poor working memory	 information presented too quickly or slowly	 learning a new language
 confusion	 too many tasks to do	 too much homework	 competition	 not being allowed to use a calculator
 reading challenges	 everyone gets the joke but you	 information that doesn't fit with what you "know"	 remembering information	 multitasking

BALANCE



A CHALLENGE THAT IS TOO EASY IS NOT A "CHALLENGE"—BUT NEITHER IS SOMETHING THAT IS TOO HARD.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

Which of these examples have you experienced?

Recognize Stressors

EXAMPLE STRESSORS

EMOTION DOMAIN

@kwiensb2

STRESSORS IN THIS DOMAIN INCLUDE STRONG EMOTIONS, BOTH POSITIVE (OVEREXCITED) AND NEGATIVE (ANXIETY, ANGER) AND OFTEN INTERACT WITH AND MULTIPLY STRESSORS IN OTHER DOMAINS.



BALANCE

BALANCE IS ATTAINED, NOT BY TRYING TO CURTAIL STRONG EMOTIONS—POSITIVE AS WELL AS NEGATIVE—BUT RECOGNIZING THEM AS SUCH.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

Which of these examples have you experienced?

Recognize Stressors

EXAMPLE STRESSORS

SOCIAL DOMAIN

@Kwiensb2

SOCIAL STRESSORS RELATE TO A CHILD'S DIFFICULTY PICKING UP ON SOCIAL CUES, AND UNDERSTANDING THE EFFECT OF THEIR OWN BEHAVIOUR ON OTHERS.



BALANCE



BE NEITHER TOO ACQUIESCENT NOR TOO OVERBEARING, NEITHER TOO SOLITARY NOR TOO GREGARIOUS.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

Which of these examples have you experienced?

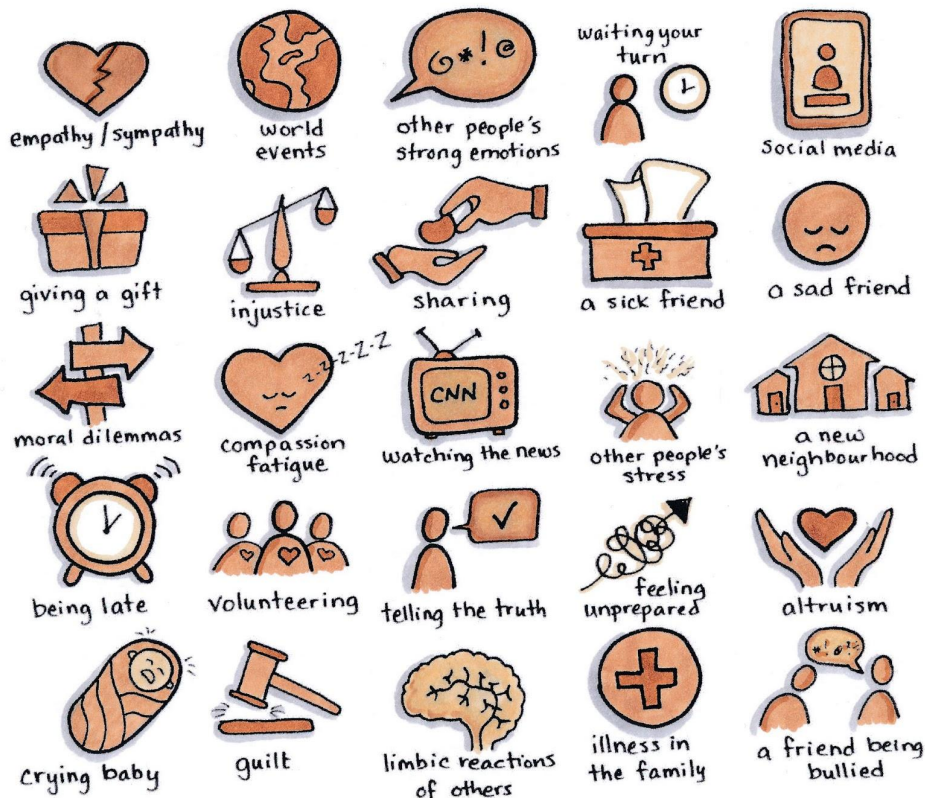
Recognize Stressors

EXAMPLE STRESSORS

PROSOCIAL DOMAIN

@kwiensb2

SIGNS OF PROSOCIAL STRESS, SUCH AS DIFFICULTIES SHARING, TELLING THE TRUTH, OR UNDERSTANDING RIGHT AND WRONG, ARE OFTEN TIED TO A CHILD'S DIFFICULTY COPING WITH OTHER PEOPLE'S STRESS.



BALANCE



BALANCE IS ACHIEVED WHEN THE INDIVIDUAL PUTS THE GROUP AHEAD OF SELF, YET REMAINS AN INDIVIDUAL.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

Which of these examples have you experienced?

Recognize Stressors

The following slide has some examples from all 5 domains of just **some** of the stressors currently in my life.

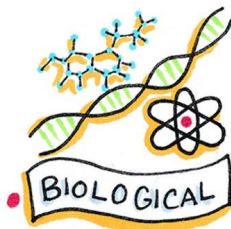
My Covid-19 Stressors

STUART SHANKER'S

5 DOMAINS OF SELF-REG

WWW.SELF-REG.CA

@kwiens62



- My shoulders ache with tension
- Visual "noise": seeing my messy kitchen
- Tired from restless sleeps
- Yucky feeling from eating too much popcorn
- Eating less fresh fruit and vegetables



- Trying to learn new technology
- Trying to process the scope of this pandemic
- Trying to know the "right" way to respond and support the people around me
- Learning new rules for being in the world
- Rationing my milk so I don't run out for tea



- Being separated from loved ones
- Scared that someone I know will get Covid-19
- Adjusting to changes in routines
- Grieving the way things used to be
- Sad that I am missing seeing the cherry blossoms



- Physical distancing - 6 feet apart
- Online birthday parties for family
- More time on social media
- No face to face interactions
- Learning new social rules



- Feeling guilty that I am enjoying having more time to read
- Worried about my students and their stress load
- Empathy for all the families with young children
- Worried about the whole world at once
- Comparing my suffering level with others

Recognize Stressors

When I see this long list, I am reminded that my behaviour does not “come out of nowhere”... there are many stressors contributing to my ability to cope and do well.

I am then kinder to myself for those times when I just can't manage to get off the couch or when washing the dishes seems overwhelming.

It also helps me prioritize things that help me restore my energy. These things are not a luxury; they are a necessity.

Recognize Stressors

Now, it's your turn.

Take a few minutes to
be a stress detective in
your own life.



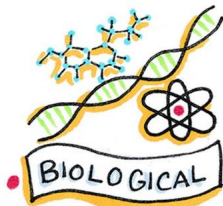
Your Covid-19 Stressors

STUART SHANKER'S

5 DOMAINS OF SELF-REG

WWW.SELF-REG.CA

@kwiens62



**Make a list of
some of the
stressors you
can identify in
your life right
now.**

Recognize Stressors

No doubt, you were able to identify many stressors in your life right now. Some of the stressors will have been familiar and likely there were several new stressors because of our current “covid-19 conditions”.

I am hoping that by taking a closer look at the number of stressors that are impacting you right now you might find a bit more room in your heart and mind to be kind and gracious to yourself.

You are doing a lot. Please.....



BE KIND TO
yourself

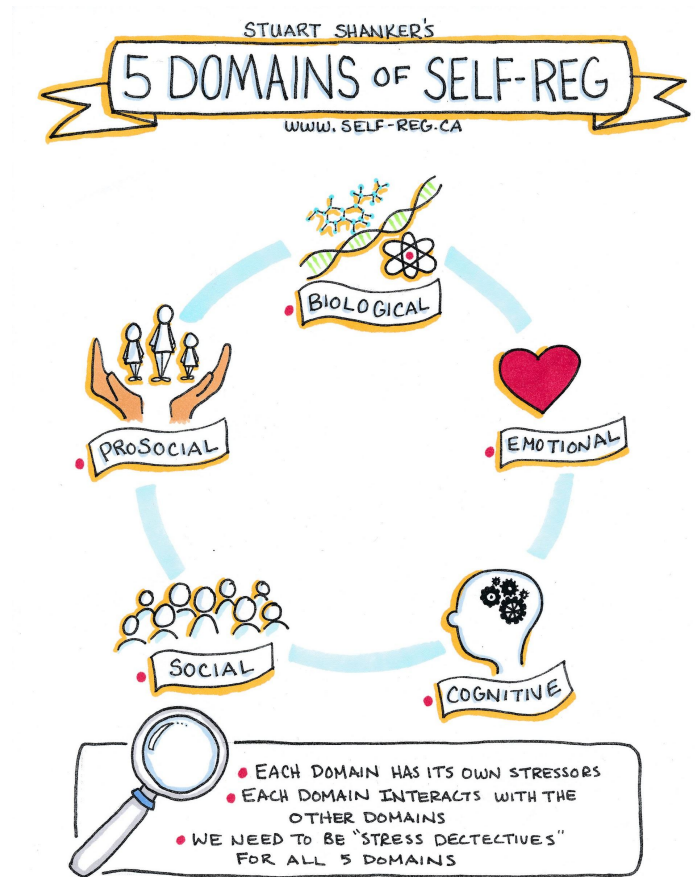
Recognize Stressors

Select **one** of the options
on the next two pages:

Self-Reg Learning
Option A: **Videos**

Self-Reg Learning
Option B: **Article**

Self-Reg Learning: Option A



Option A: Watch all of videos below

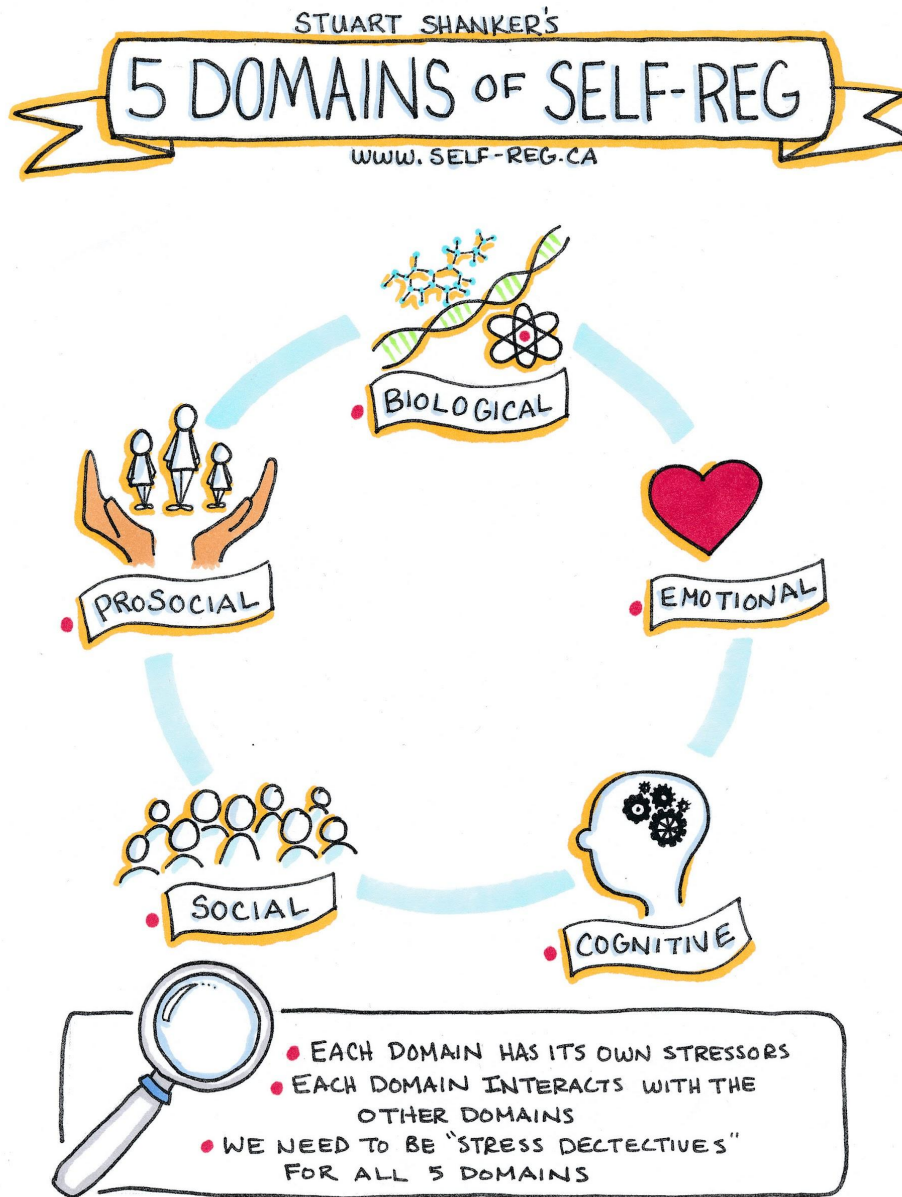
While you are watching the videos, make a list of some of the stressors and signs of stress that are mentioned.

[Video Link 1](#) - Dr. Stuart Shanker discusses Self-Reg (9 mins)

[Video Link 2](#) - Dr. Shanker on "What is Stress": A Sample Video from TMC's Parent Self-Reg Portal (9 mins)

[Video Link 3](#) - Energy and Tension (1.5 mins)

Self-Reg Learning: Option B



Option B: Read Article

Article Link: "Reframing My 'Meltdown'"

By: Lindsay Hayes, Program Assistant Mentor, Pembina Hills School Division

December 10th, 2019 (MEHRIT Centre website)

Schedule

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SELF-REG FOR YOU

Self-Reg for You

Are your answers today different from yesterday?

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

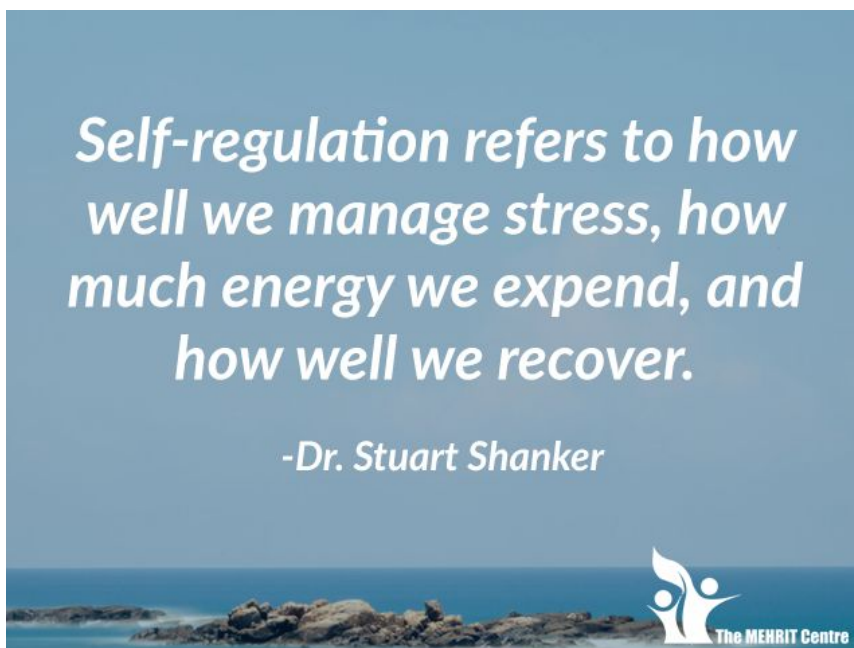
Add one thing to today's schedule that would be good for your own self-regulation. **You can add the same thing that you did previously or try something different.**

Things to consider:

- 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
- Guided meditation practice: [Audio Link](#)
- Mindful yoga (37 mins.): [Video Link](#)
- Mindful yoga (20 mins.): [Video Link](#)
- **Something that is restorative to you**

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

-Dr. Stuart Shanker



Schedule

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CHOICE ACTIVITY

Choice Activity

(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...

(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"](#)
- Create a calm down kit full of items that help you and your child feel calmer
- Do a kids yoga video together: [website link](#)



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WONDER CHILD

Wonder Child

Think of a child or student in your life.

For a moment, think to yourself:

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



Schedule

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7. **Connect & Reflect**

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

Learn more about Self-Reg, Stuart Shanker and The MEHRIT Centre

Website: self-reg.ca

Courses: [Link to course information](#)

Join their mailing list: [Registration Link](#)

Join the Co-Reg Community (free for 3 months):
[Registration Link](#)

Follow them on social media:

Twitter: @stuartshanker @self_reg

FaceBook: [Link to page](#)