

## MODULE THREE

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# Self-Reg For Co-Regulation



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**OUR CALM INVITES THEIR CALM**

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**Created by Kristin Wiens**  
@kwiens62

# OVERVIEW

The main focus of these modules is 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. Opening 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

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

We hope that you will be able to enjoy this mini learning journey.

# OVERVIEW

## Four Modules

Each module focuses a different part Stuart Shanker's Self-Reg 5 practice model. Learn more about Stuart and the work of 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.

### **Module 1:**

- Self-Reg: Reframe the Behaviour

### **Module 2:**

- Self-Reg: recognize Stressors - 5 Domains

### **Module 3:**

- Self-Reg: Reduce Stressors

### **Module 4:**

- Self-Reg: Reflect & Respond

# Module 3

# Schedule

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

# BREATHE





# Schedule


1. Breathe
2. **Opening Reflection**
3. Self-Reg Learning
4. Self-Reg for You
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7. Connect & Reflect

# OPENING REFLECTION

# OPENING REFLECTION

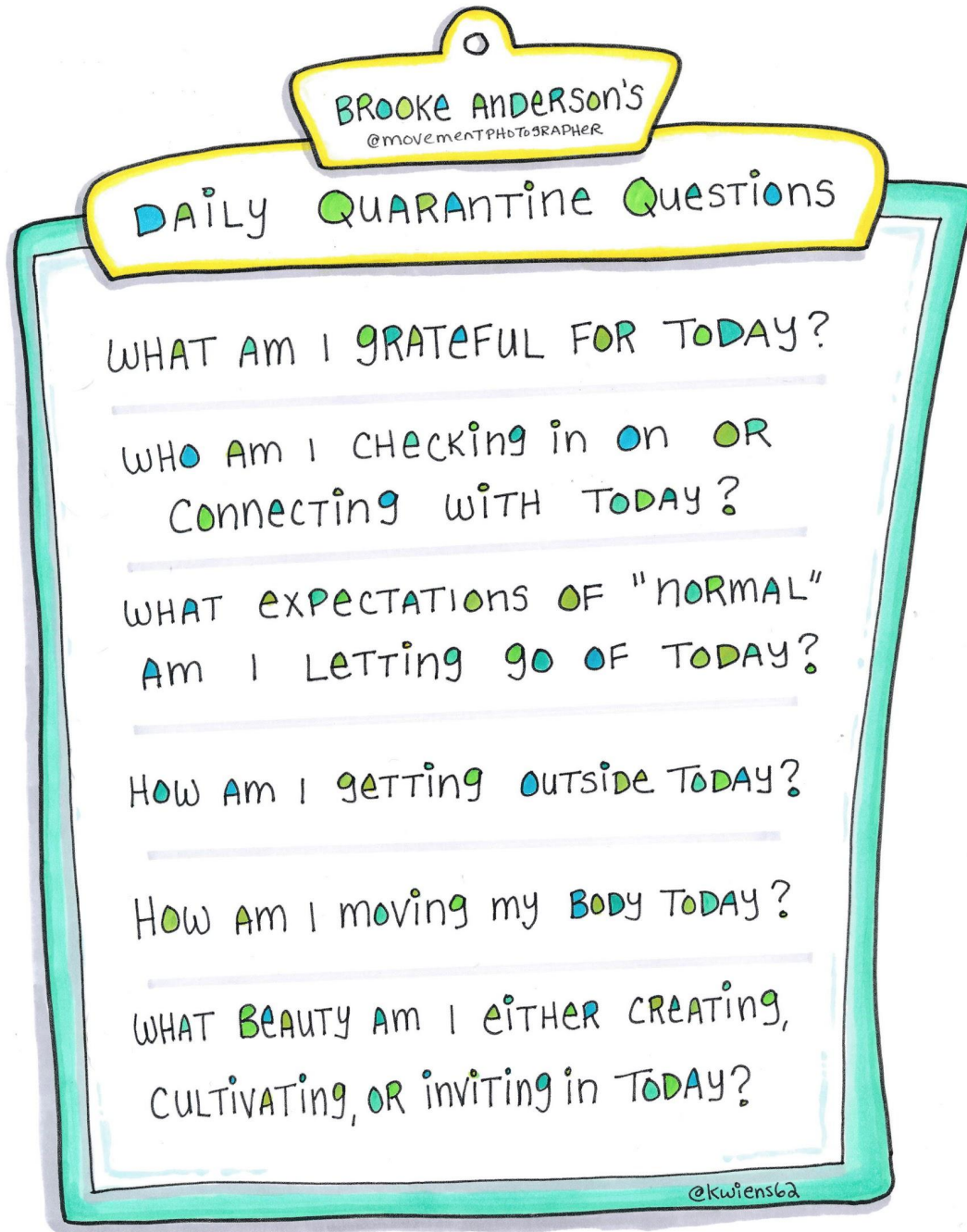
Consider the following list (next page):

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

# OPENING REFLECTION



Go back and look at the 3 reflective questions

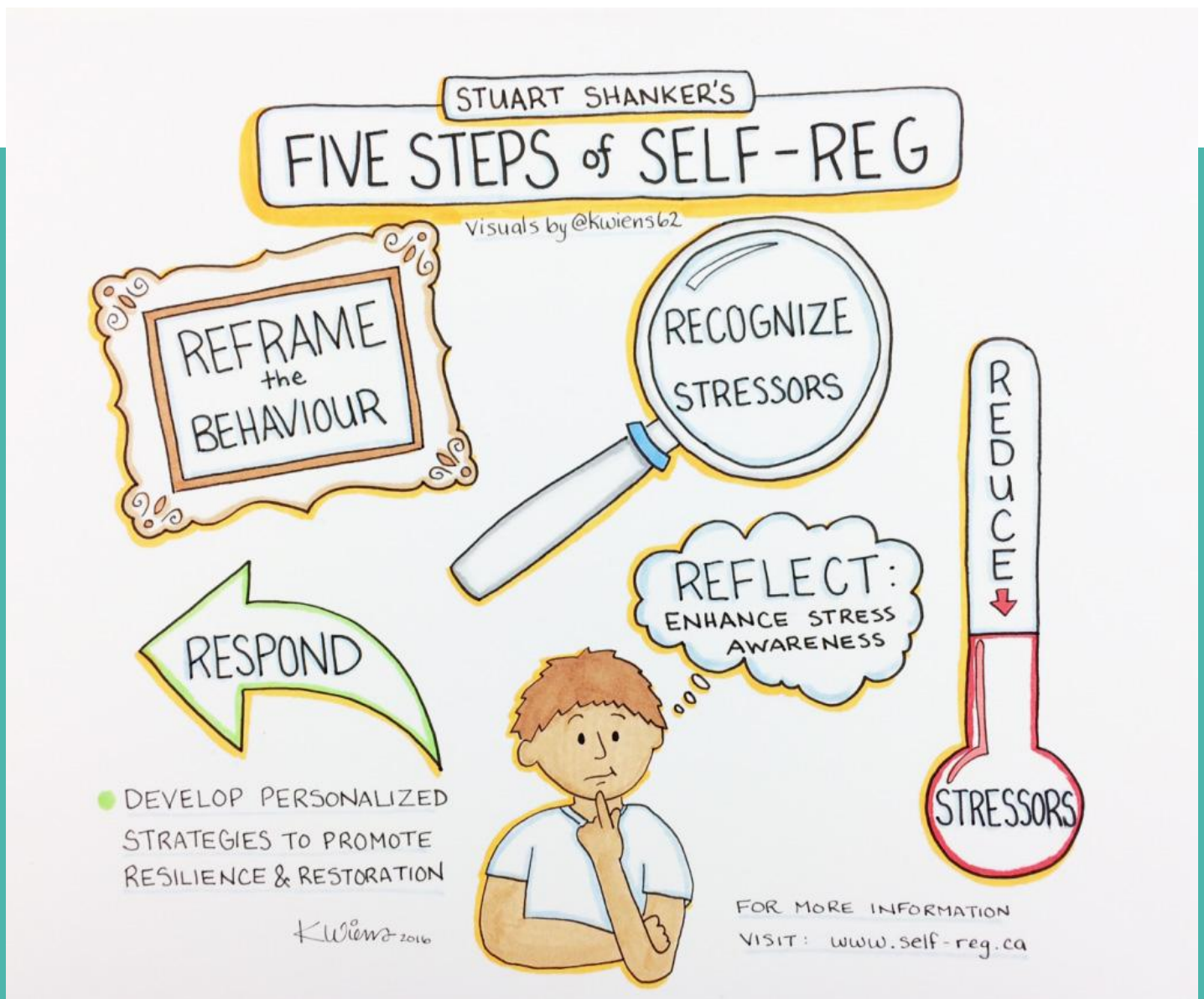
# Schedule

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# SELF-REG LEARNING

# Stuart Shanker's Self-Reg

- Together we have looked at two practices: Reframe the Behaviour & Recognize the Stressors.
- We explored the idea of “Reframing the Behaviour”. Instead of “misbehaviour” can we see “stress behaviour”?
- We examined stressors in 5 domains: biological, cognitive, emotion, social & prosocial.
- Today we will consider ways to reduce the stressors.



# Reduce the Stress

- The third practice in Stuart Shanker's Self-Reg model is "reduce the stressors".
- In this practice we explore ways to reduce negative stressors and reduce our tension.
- We all have different stressors. Also, we all have different ways to effectively lighten our stress load.
- It can benefit us to have a "go-to" list of healthy stress reducers.
- If we don't have healthy strategies available, we can do nothing to lessen our stress load or turn to strategies that add more stress to our lives over time.

For example, remember all that popcorn I ate and then felt yucky? In the end, it didn't lessen my stress load even though I enjoyed eating it at the time. (Next time I will use a smaller bowl.)



# Reduce the Stress

Watch the Dan Siegel video below.  
He has a unique way of explaining what is happening in our brains when our stress load is too high.



Dr. Dan Siegel -  
“Flipping Your Lid.”  
A scientific  
explanation.

[Video Link](#)  
(2.5 mins)

# Reduce the Stress

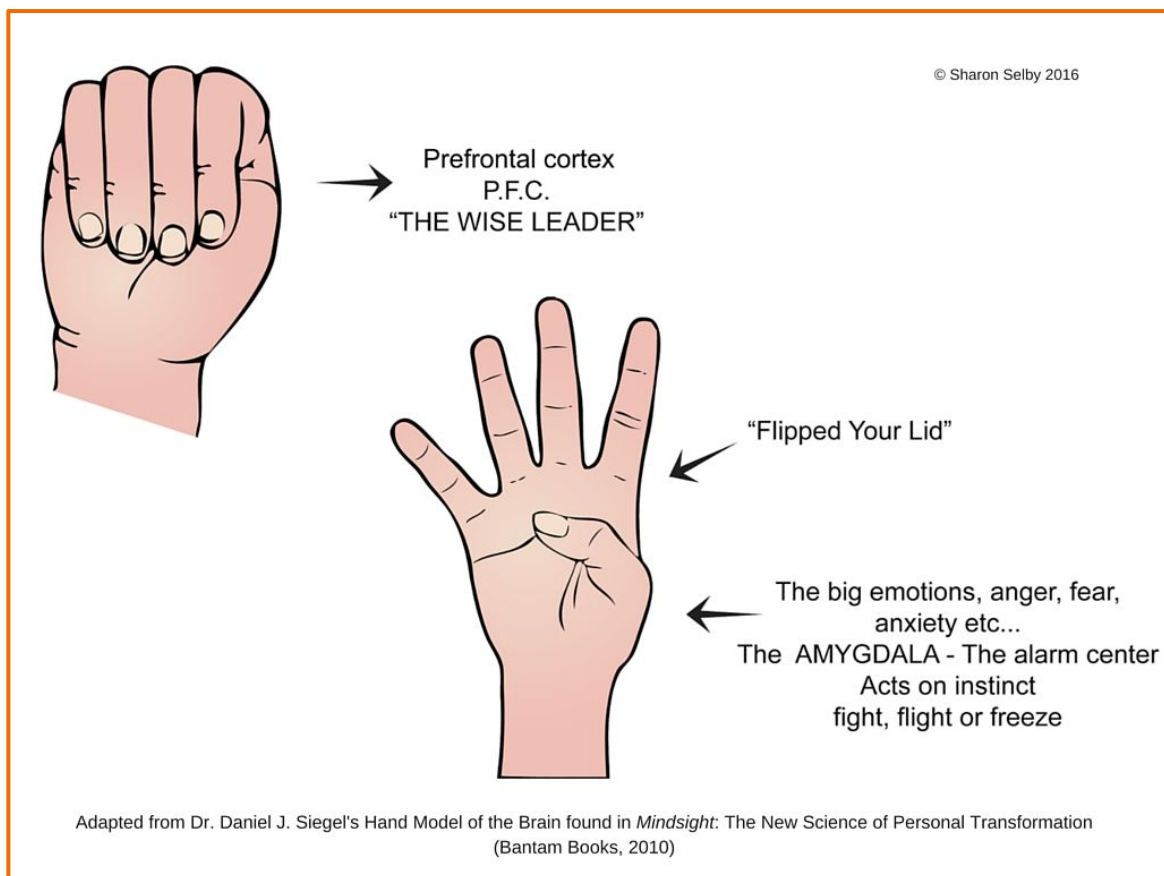
Too many stressors can cause us to “flip our lids”.

When we flip our lids, we need strategies to put our lids back on and return to a calm state.

When our kids flip their lids, we need to help them get their lids back on. We need to do this before we try to teach, reason or appeal to logic.

Dan Siegel recommends we:

**“CONNECT, THEN REDIRECT”**



# Reduce the Stress

Stuart Shanker recommends we:  
"FIRST, TURN OFF THE ALARM"



Dr.Shanker says that too much stress can cause our "limbic alarm" to go off.

When our own alarm goes off, we need strategies to turn it off and come back to calm.

When our kids alarms go off, we need to first turn off the alarm before we try to teach, reason or appeal to logic.

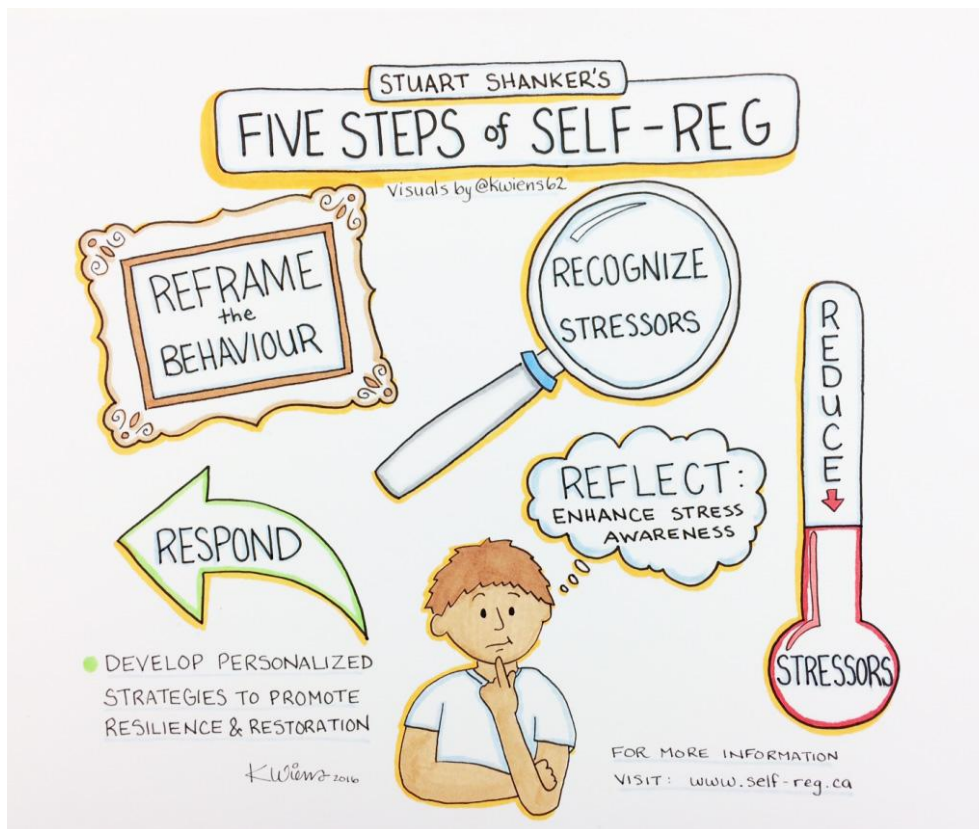
# Reduce the Stress

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

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

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

# Self-Reg Learning: Option A



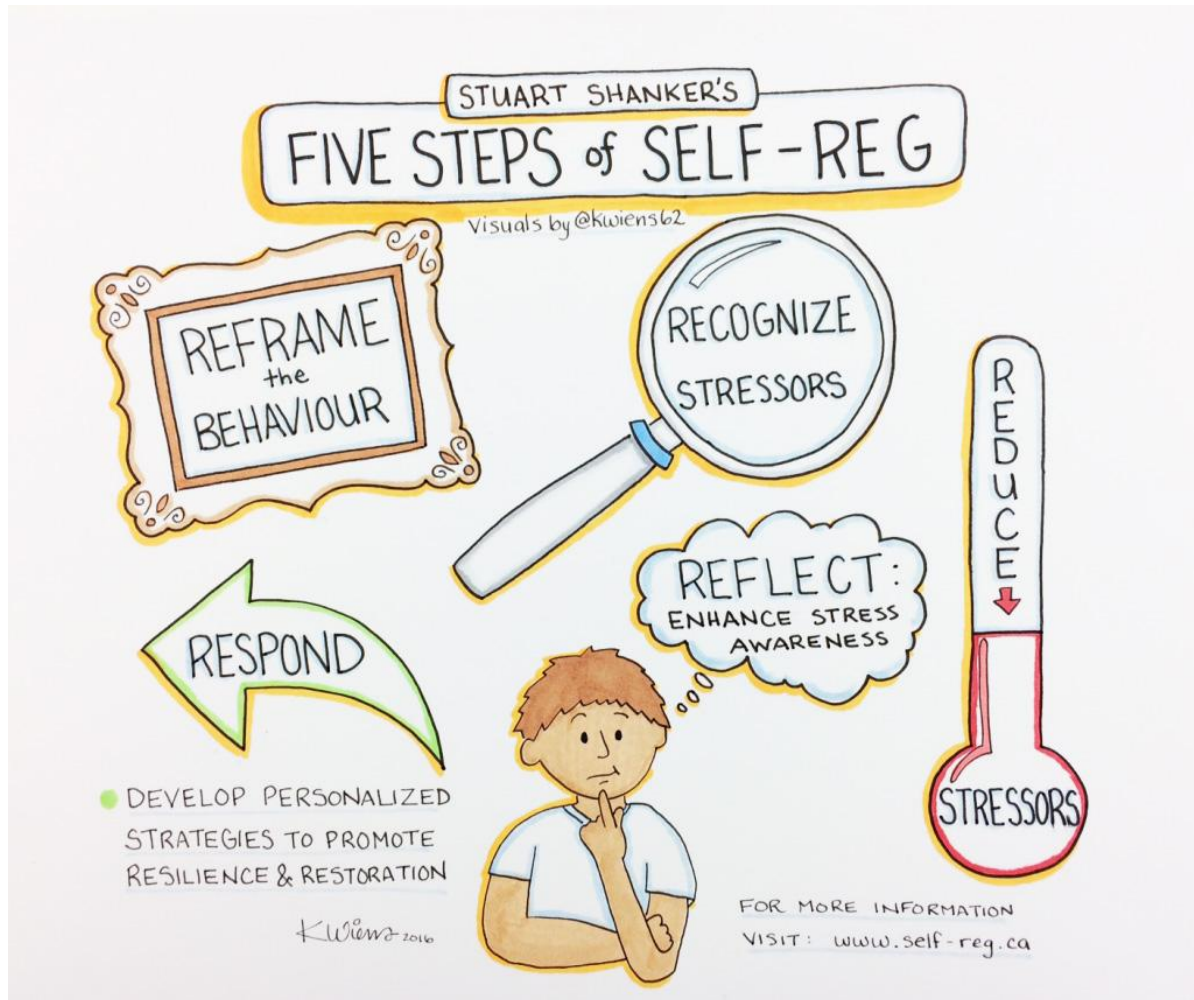
## Option A: Video

[Video Link 1](#) - Dr. Jean Clinton:  
Relationships the Heart of Well-Being (20 mins)

This video focuses on stress in children.  
I believe the same principles apply to all of us.

As you watch the video consider which ideas may be helpful for you right now.

# Self-Reg Learning: Option B



## Option B: Read Article

**Article Link: Self-Compassion:  
The proven power of being kind to yourself by  
Kristin Neff (chapter 6: Emotional Resilience)**

# Reduce the Stress

Remember my list of  
“Covid-19 stressors”  
from yesterday?

On the next slide, I  
have created a new  
list of things I can do  
to **reduce the stress.**

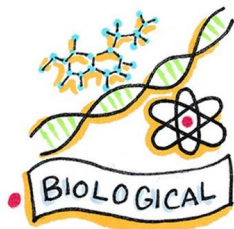
# Reduce the Stress

STUART SHANKER'S

## 5 DOMAINS OF SELF-REG

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- Eat as healthy as I can
- Limit sugar
- Reduce caffeine
- Try to get to bed at a regular time
- Move everyday
- Get outside everyday
- Stretch



- Practice growth mindset
- Take breaks often
- Ask for help when I need it
- Allow extra time to complete projects



- Practice Mindful Self-Compassion
- Limit the amount of news I watch
- Look at the photo of cherry blossoms that a few of you kindly sent me - feel the love



- Text and Facetime with family
- Have a "tea date" using tech
- Join the Shelley Moore book club on Instagram Live



- Continue to stay inside and know that is the best thing I can do to help everyone
- Keep creating "daily doodles" to send into the world
- Be extra patient with people: Everyone is doing the best that they can



# Reduce the Stress

Now, it's your turn.

Take a few minutes to consider what you could try as strategies to **reduce the stress.**

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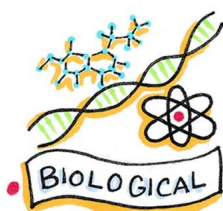
# Reduce the Stress

STUART SHANKER'S

## 5 DOMAINS OF SELF-REG

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**Make a list of  
some the ways  
you may be able  
to reduce stress  
in your life.**

## Reduce the Stress

Hopefully you were able to identify some strategies that may be helpful in reducing some of your stress load.

Remember the point is not to eliminate stress from our lives. Life is full of stressors, especially right now. The problem occurs when your stress load becomes unmanageable.

The last thing we want is for you to feel guilty about feeling stressed or for this task to add to your stress load.

**Remember, please.....**



# 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

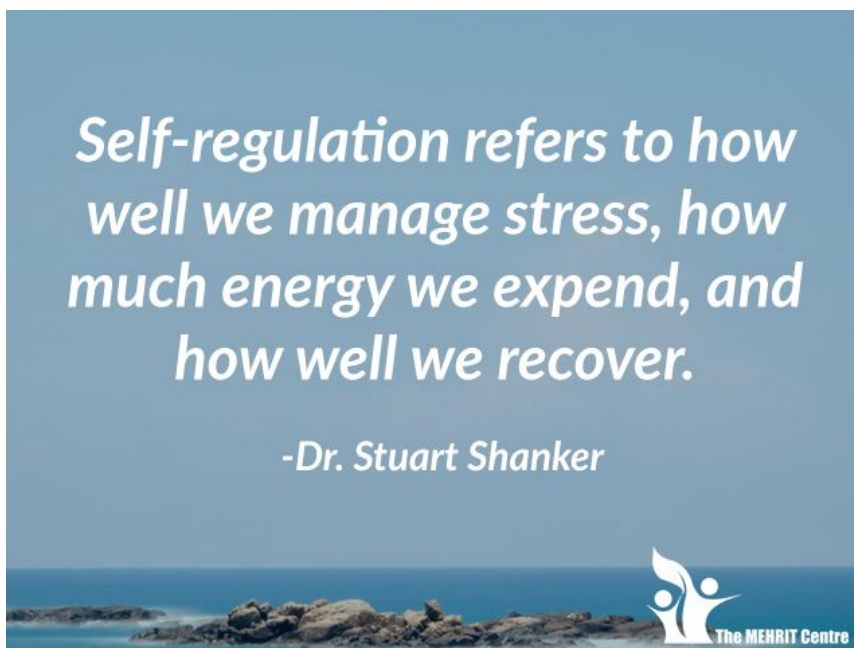
Add one thing to today's schedule that would be good for your own self-regulation. **You can add the same thing as yesterday or try something different.**

## 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*



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# CHOICE ACTIVITY

# Choice Activity

(These options will remain the same in all modules)

## 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 in all modules.)

## 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](#)



# CHOICE ACTIVITY: ADDITIONS



**5 MOORE MINUTES!**  
*with Shelley Moore*

## **5 Moore Minutes Quarantine Book Club**

Instagram Live: 9:00 am every day:  
@FiveMooreMinutes

You don't even need to read the  
book to benefit from this time.

**Current book:** Uniquely Human  
by Barry Prizant

**Next book:** Kids These Days  
by Jody Carrington

Previous sessions are available here:

[YouTube link](#)

# CHOICE ACTIVITY: ADDITIONS

## MOORE SHELLEY MOORE Options



**Video Series** [Link](#)

**ABOUT 5 MINS. EACH**



The Sweeper Van by Shelley Moore

**YouTube Videos** [Link](#)

# CHOICE ACTIVITY: ADDITIONS



**Therapy In A Nutshell:**  
Coronavirus Anxiety and  
Your Ancient Brain: 10 Skills  
to manage anxiety when the  
news is scary

**[Video Link](#)**

(15 mins.)

**This channel has a  
lot of other good  
videos about stress  
and the brain.**

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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?



# Schedule

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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:

- Opening 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