

Wellbeing @ MPS



Mallala Primary School

28 Owen Road, Mallala SA 5502
Phone 08 8527 2240
Fax 08 8527 2028

Self-regulation for wellbeing

Wow, term 1 is nearly finished and hopefully everyone has settled into new routines and teething problems are being ironed out. This week's newsletter will be focusing on self-regulation. This is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It is about being able to resist highly emotional reactions to upsetting events or situations, to calm yourself down before you get upset, to adjust to a change in expectations, and how to handle frustration without an outburst. In short, it is the ability to:

- Identify and modulate emotions - Control impulses - Make thoughtful and conscious choices - Set goals and achieve them.

Self-regulation is an essential aspect of overall emotional intelligence. Adults and children with self-regulating skills cope better with stress and anxiety. They make better decisions because they listen to their own inner voice rather than external influences. However, self-regulation is a journey. Children learn through many strategies, one is through the imitation of the adult role models.

Here are 5 simple but effective steps for adults can do to improve their own self-regulation skills:

1. Breathe deeply - when stressed, take 3-10 slow, deep breaths
2. Drink water - our nervous systems are far more sensitive when we are dehydrated.
3. Pause - Place your hand over your heart and pause, do this a few times throughout the day.
4. Think - about positive experiences or feelings
5. Visualise - see positive outcomes in your mind. This does take practice.

As well as modelling these strategies, we can teach children self-control skills using these techniques:

1. Get down to their level - kneeling down creates safety
2. Give Empathy
3. Match their emotional tone - match their emotion with your tone of voice. This helps them feel heard and understood.
4. Give them time
5. Let them play

A technique that will help with this is mindfulness I will go into more detail about this in next week's issue.

Ms Anne

Anne.thomas89@schools.sa.edu.au

Emotions drive learning, decision making, creativity, relationships and

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Kids Zone!

Write down 5 things that made you smile today:

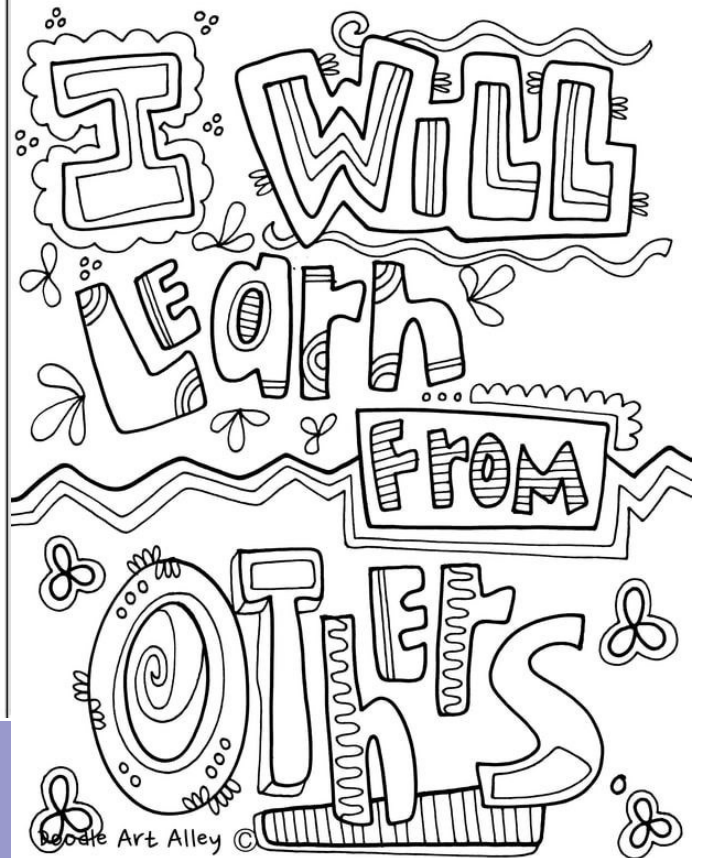
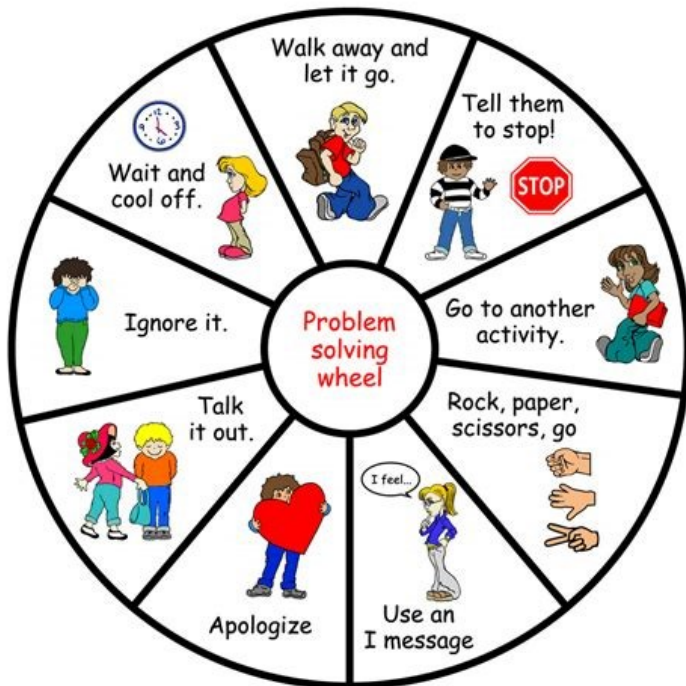
- 1.
- 2.
- 3.
- 4.
- 5.

Anger Rules

It's OK to feel angry *BUT*

- Don't hurt others
- Don't hurt yourself
- Don't hurt property
- DO talk about it

What can I do?



Recommended read:
 You fantastic elastic brain!
 By JoAnn Deak.