Developing Self Regulation
Padlet at https://padlet.com/christina60/7kxtohpaz77h
Password: coregulate

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What is your definition of Self Regulation?

Learning objectives
• Define Self-Regulation and list the components
• Identify strategies that enhance well-being and growth in each component
• Practice at least 3 strategies
• Take home a model for thinking systemically about Self Regulation
self-regulation is the ability to monitor and attune physiology, emotions, thoughts, and behaviors toward well-being and growth.
Self Regulation Develops Across Time

Learning Tool

Co-Regulation

Communication between nervous systems

Component
It Starts With Us: Co-Regulation

- Video

Safety Cues & Co-regulation Anatomy

- Warm Eye Contact
- Melodic Voice
- Responsiveness
- Smile
- Gentle Touch

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Co-Regulation through Serve & Return
Co-Regulation Across the Lifespan

• video

‘Neutral’ is Not Nourishing

Children and adolescents:
• rate neutral adult faces negatively
• Amygdala responds as if to an angry face
• identify emotions more rapidly as they age, but slower on neutral adult faces

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Another Type of ‘Still Face’...
Co-Regulation Strategies

- Beam Gleam or Kind Eyes
- Prosodic Voice
- Greetings
- Rhythm: music, breathing, drumming, dance
- Laughing, Games
- Story

How will you use this?

- What information or strategy sparked your interest?
- Is it represented in your SEL curriculum?
- What other co-regulating strategies do you use?

Bio-Literacy

The core of Self-Care

Component
Physiology at the Core of Regulation

- Balanced Life / Personal Energizers
  - Good nutrition
  - Adequate hydration
  - Adequate physical movement
  - Sunshine, fresh air, nature
  - Sleep hygiene

[Web Link] [Video Link]
Adequate Physical Movement is Critical

Physiological Awareness
Which exercise is most regulating to your physiology?
• High impact aerobic exercise
• Fluid exercise like yoga or tai chi
• Rhythmic movement
• Collaborate with OT / PE to notice what exercise regulates / dysregulates

Body Awareness Games & Strategies
• Simon Says
• Wiggle & Freeze
• Squeeze & Loosen
• Progressive Muscle Relaxation
• Tai chi, yoga, etc.
• Body Map
Befriending the Body is the core of self-care...
is the core of self-regulation...
is the core of health.

Component

Sensing the Internal body

Bio-Literacy

Interoception

“attention training”

Correlation with Health

- Reduces inflammation
- The root of “body ownership” and attention training
- Low accuracy associated with many disorders
- High accuracy associated with good decision-making
- High accuracy contributes to the regulation of sleep-wake cycles

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Tune In

- On a scale of 1 to 10, what's your stress level right now?

Body Scan

- A guided method for paying attention to specific body parts and body as a whole
- Savasana or “corpse pose” in Yoga
- Used in MBSR, an evidence-based intervention
- Leads to significant increases in body awareness and ability to focus

Breathing Strategies

Breath is basic link to body and between conscious / unconscious
- Breathing buddies
- Rhythmic Breathing: centering
- Shorter exhalation: stimulating
- Longer exhalation: calming
- Hand on Heart: nurturing
How will you use this?

• What information or strategy sparked your interest?
• Is it represented in your SEL curriculum?
• What other interoceptive strategies do you use?

Self regulation

Interoception

Component

Bio-Literacy

Emotional Literacy

name, sense, notice

Emotional Literacy

• Naming of emotion
• How it looks on face
• Where it’s felt in body
• The stories or thoughts that arise
• Actions that want to happen
• Energy level

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Art: Emotion Body Maps

Energy Intelligence
• Being aware of what energizes you
  – Key to intrinsic motivation and flow states
• Being aware of what drains you
  – Key to managing stressors or triggers

• Important considerations for making choices small and large: career choices, choosing majors, compatible partners, etc.

Emotions Embedded Systemically
• Explicit SEL lessons
• Explored in academic subjects
• Embedded in discipline practices
• Awareness and learning are the primary goals
How will you use this?

- What information or strategy sparked your interest?
- Is it represented in your SEL curriculum?
- What other emotional literacy strategies do you use?

Self Care  Culture of Care

Meta: The Self Regulation Story

- Self-regulation develops over an extended period from birth through young adulthood
- Self-regulation develops in the context of social relationships and is dependent on “co-regulation”
- Self-regulation is strengthened and taught through repetitive, everyday situations
- Systemic core practices create a culture for improving self-regulation

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Integration:
stimulating the Flourish Circuit to increase wellness & regulation

Integrated Strategy Practice

• video

Self Regulation and SEL

• Current evidence based Social Emotional Learning programs have many gaps regarding self-regulation
• Co-regulation is often missing
• Documented effect sizes are provided for a range of programs in the padlet

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Self Regulation Model:

Reflection

On your index card write these three stems, and then a sentence regarding **self-regulation**:

- I used to think...
- Now I believe...
- I still wonder about...

Resources

- Padlet at https://padlet.com/christina60/7kxtohpaz77h
  – Password: coregulate
- Casel at www.casel.org

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