



# Visual Support Guide: Emotional Regulation

## What?

This emotional regulation visual support has pictures of what children can do to help themselves calm down and regulate their emotions. Use these pictures as visual reminders when a child is having big feelings and needs additional support to find a way to calm down.

## Why?

- Teaching children a variety of ways to regulate emotions helps children learn to cope successfully with intense feelings when they feel frustrated, sad, worried, happy, excited, or angry.
- You can use emotional regulation pictures in different ways.
  - Teach all children coping strategies to manage strong emotions.
  - Help a child who needs extra support when they have a difficult time finding a way to calm down.

## How?

- Make emotional regulation visual supports.
  - Print symbols. Translate the actions into all the languages spoken by the children in your program or make separate pictures for each language.
  - Use as a portable "key ring" visual support.
    - Cut out individual cards and laminate them.
    - Punch a hole in the cards and put them on a ring so you can carry them easily with you to use as needed throughout the day.
  - Use as a choice board.
    - Print the entire visual support grid and laminate or place in a sheet protector.
    - Post the choice board at children's eye level in a quiet area of the room or keep in a "calm down kit" container in a location that is easy to access.
- Use emotional regulation visual supports.
  - Describe the pictures and accompanying objects, such as bubbles or a ball. Talk about the strategies with children during large or small group time. Talk about emotions and practice strategies when children are feeling calm and it is easier for them to engage and try the strategies. Don't wait until a child is upset to introduce the strategies and visuals.
  - Explain that it's normal to feel strong emotions, that everyone feels upset at times, and that there are things we can do to make us feel better. Invite children to talk about what makes them upset and what they do to help them calm down.
  - Describe the regulation strategies, model the behaviors and how to use any accompanying objects. Have children practice.
  - Show children where they can find the pictures and objects when they need them.

- Create a special “calm down spot” or “quiet area” in your classroom where children can go to take a break when they have big feelings.
- Keep a calm down kit with the emotional regulation visuals and different comfort items to support regulation. Teach children that they can go there to calm down if they are upset.
- Be ready to provide additional support as needed to an individual child. You can say, “You look upset by the noise. Let’s go to the ‘calm down spot’ and look for a way to help you feel better.” Provide intentional positive feedback when you notice a child using the strategies and regulating their emotions.

# Emotional Regulation

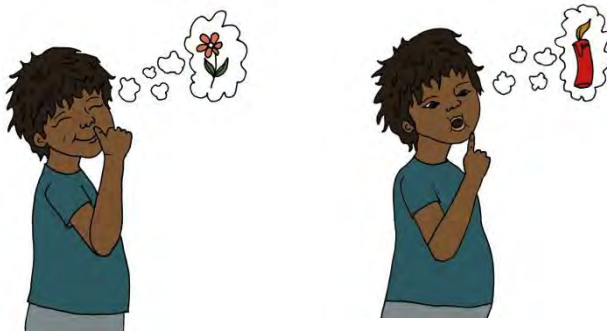
**Bounce a Ball**



**Blow Bubbles**



**Smell a Flower/Blow Out a Candle**



**Chair Pushups**



**Count to 10**



**Do a Drawing**



# Emotional Regulation

**Find a Quiet Place**



**Hug Something**



**Listen to Music**



**Slow Deep Breaths**



# Emotional Regulation

**Squeeze a Ball**



**Take a Break**



**Wall Pushups**

