

COOL, CALM, + COLLECTED: Helping Players Self-Regulate

Self-regulation helps kids:

- Manage big emotions
- Calm themselves in upsetting situations
- Respond appropriately to the situation causing distress

Self-regulation is important because:

- Leads to better relationships
- More successful performance in school
- Higher levels of resilience



Understanding the Brain

A basic knowledge of the brain helps adults respond better to children in highly emotional situations. It also allows adults to assess the child's behavior and encourage self-regulation skills based on the child's needs.

BRAIN LEVELS	DRIVING FORCE IN EACH BRAIN	BEHAVIOR IN EACH BRAIN	WHAT YOUR CHILD NEEDS IN EACH BRAIN
Red Brain	Brain is reacting on fear and basic needs, fight or flight mode	Younger kids: Crying, kicking, screaming, running away, shutting down Teens: outbursts, irritability, isolating	Calming ideas and comfort
Yellow Brain	Brain is reacting to big emotions	Not listening, bossy, speeding up, agitated, resisting, clingy	Connection, reflection, and validation
Green Brain	Brain is balancing emotions and needs	Listening, focused, cooperative, reasonable, loving, thinking	Teach, problem solve, guide



Ideas for self regulation:

When kids are moving slow (bored, tired, sad),
pick up the pace with...

- a snack
- play music
- dancing
- stretching
- walking

When kids are agitated (silly, excited, worried,
frustrated, fidgety), slow it down by...

- taking a deep breath
- counting to 10
- positive self-talk
- yoga
- offering a fidget

When kids are out of control (angry, mad, scared,
fearful, aggressive), calm the body with...

- deep breathing
- muscle relaxation
- naming things you can see around you
- hugging someone
- taking space
- talking to an adult
- writing or drawing about it





Lastly,

make self-regulation fun!

Don't be afraid to research your own ideas. Sites like **Pinterest** and **YouTube** are full of creative activities, games, and videos to help children and adolescents learn ways to manage emotions.

