

Top Ten Strategies for
Encouraging Self-Regulation in
Your Classroom

Calming and Energizing (and
Organizing!) Your Students!

Jan Palmer, MEd BCBA

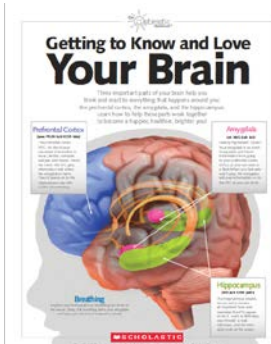
Take a look at your day and start thinking about and planning for your problem times. Most likely times are after attendance, after recess and lunch (calming), during a long class (energizing), and anytime you have last minute schedule changes!



10 Teach students how to appropriately use a fidget (focus tool) or doodle by keeping their attention on the speaker and not disturbing others. (Calming AND Energizing)

9

Encourage all your students to have full water bottles when they start the day and empty water bottles when they go home (Energizing).



8

Use one of the social-emotional curriculums (Mind-Up, Second Step, Zones of Regulation) to teach students about emotion, how the brain works, why being able to self-regulate is important and the strategies your class will use. (Calming AND Organizing)

7

Allow students to take a healthy protein or fruit snack break when needed. (Energizing)



6

Allow students to chew gum or crunch on veggies, plain popcorn or pretzels when working on stressful activities. (Calming and Organizing)

5 Use a chime and relaxation script or Yoga to settle your class before and after transitions. (Calming)



4 Provide your students with alternatives to the typical student chair – allow them to stand, turn their chairs backwards or bring their own exercise ball to school. (Calming, Energizing & Organizing)

3 Stop and take a Brain Break during a long class and whenever you see heads down on desks or your students starting to fidget. The five minutes you spend will be returned in increased attention and output later. (Calming, Energizing & Organizing)



2 Prepare a "Chill Out", "I'm Stuck" or "Calm Down" box that students can use BEFORE angry words or actions begin and plan where they will use it. (Calming)

1 Start as many days as possible with a 15 – 20 minute walk/run with your class and encourage others to join in. Students will be able to chat with a friend, run, hoot and holler, share important information with you, get fresh air and generally prepare themselves for the coming day. This is the best spent time in your day! (Calming, Energizing & Organizing)



Free Ideas and Links Worth Sharing

Brain Breaks and Energizers

Go Noodle – a free website filled with 2 – 3 minute videos to inspire movement in your class.

<https://www.gonoodle.com>

Mind Yeti - Mind Yeti is a free website provided by the creators of the Second Step curriculum which offers guided audio sessions for individual or classroom use. There are three areas - Calm, Focus and Connect - to choose from based on your need. It is based on mindfulness, using breathing to calm down, focus attention and connect better with others.

<http://www.mindyeti.com>

Worried about Using Youtube Clips for Brain Breaks using your LCD projector in the classroom? Here's the answer - <http://safeshare.tv/> You paste a YouTube Link and it generates a safe link which does not include advertising or previews on the side. Perfect for the classroom!

20 Brain Break Clips – Links for short intermediate student age appropriate dance videos

<http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/>

Supporting Behavior and Learning - Individual Body Breaks - this is a fabulous resource from the Greater Saskatoon Catholic School system. It explains the 5Ws of how to incorporate additional targeted body breaks for those students in your class with higher needs. Just Google the title and it is available as a PDF.

Elementary and Middle School classroom-based physical activities to incorporate physical activity with academic concepts. Easy to do activities for the classroom that take little equipment but are great fun! They are U.S. based but easily adaptable.

<http://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html>

Action School B.C. - Check out their Action Pages! a complete resource for teachers to find information on healthy living in BC.

<http://www.actionschoolsbc.ca/key-resources-equipment>

Fidgets

45 Ideas for Classroom Friendly Fidget Toys

<http://www.snagglebox.com/downloads/classroom-fidgets>

Bouncy Bands - what a great idea! These are made from PVC pipe with a strip of used bicycle inner tube tied above and go on the front legs of the desk. Kids can fidget with their feet silently and cheaply.

<http://blog.maketaketeach.com/bouncy-bands-great-tool-for-your-students-who-need-to-move/>

Relaxation

MindMasters 2 Project – MindMasters is a program developed to help children manage stress and frustration, relax fully and develop a positive perspective. Resources include an online video training series, activity worksheets, music tracks and a free interactive app for iOS.

<http://www.cyhneo.ca/mindmasters-2-dha2r>

Kids Relaxation – Educator Resources – relaxation scripts for classrooms

<http://kidsrelaxation.com/?cat=12>

Classroom Curriculum (Check your school library first before purchasing!)

The MindUp Curriculum - This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students.

<http://teacher.scholastic.com/products/mindup/>

Second Step – This is a classroom curriculum to teach children, empathy, emotion-management, self-regulation and executive function skills.

<http://www.cfchildren.org/second-step/kindergarten-grade-5>

The Zones of Regulation – This curriculum provides a concrete, cognitive behavioural approach for teaching self-regulation which is particularly appropriate for students with ADHD, ASD and non-verbal learning disabilities. It is also great for the entire classroom. There are 2 related ipad apps which can be purchased.

<http://www.zonesofregulation.com/>

The Alert Program - This program teaches children, teachers and parents to choose appropriate strategies to change or maintain optimal levels of alertness for the activity they are doing. It is intended for children from ages 8 - 12 but has been used with ages preschool through adult.

<http://www.alertprogram.com/>

The **FRIENDS for Life** (Grade 4 and 5) and **My FRIENDS Youth** (Grades 6 and 7) are evidence-based anxiety-prevention and resiliency building social emotional learning programs. Training for teachers, counsellors or other school staff interested in using the program as well as materials is sponsored by the Ministry of Children and Family Development.

<http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/friends-program>

Helping Young People Learn Self-Regulation - this program is a series of strategies with worksheets, software, a whiteboard DVD and an app to assist teachers, counsellors and other school staff teach self-regulation. He has also written a children's book with engaging artwork called **The Legend of The Regulators and the Secret List**. The book introduced the concept of Self-Regulation in a totally unique and engaging manner. Although it introduces the strategies used in this program it would be applicable to other programs as well.

<http://www.selfregulationstation.com/>

Books on Self-Regulation

Calm, Alert and Learning: Classroom Strategies for Self-Regulation by Stuart Shanker. This book came along at just the right time for me. I knew that self-regulation (or having challenges with self-regulation) was about more than just wiggly kids or being able to take turns. Shanker's model deals with the entire child in way which moves beyond the behaviour we see to what you as a teacher can do to support them. I disagree with Shanker that reinforcement is somehow detrimental to learning new skills but I can look past that!

Self-Reg by Stuart Shanker. Shanker's new book is written for parents. He distinguishes between misbehaviour and what he calls "stress behaviour", shows how to recognize when a child is becoming dis-regulated and teaches what to do about it.

North Vancouver Public Library - has a large (23) list of picture books dealing with a wide variety of self-regulation topics.

https://nvdpl.bibliocommons.com/list/show/85745809__nvdpl_childrens_librarians/139969512_ready_to_learn_self-regulation_in_picture_books

The Kids Guide to Staying Awesome and In Control by Lauren Brukner. This is an excellent book to explain self-regulation to kids. It shows pictures and explains various activities for Anywhere Body Breaks, Tools and Big Body Breaks and has a great chart called "I Caught You Calm". She also included Lauren's Self-Regulation Menu of AWESOME Anywhere Body Break Appetizer, Dessert Choices and "The Kid's Guide Page" to post in the classroom. An great idea for the classroom

How to Be a Superhero Called Self-Control! by Lauren Brukner. Although targeted to younger children this book does a great job of explaining how to use self-regulation tools through pictures and examples. It is also available as a Kindle book for showing in class.

Stay Cool and In Control with the Keep-Calm Guru by Lauren Brukner. Brukner's newest book is a great addition to a classroom focusing on mindfulness. Its strength is taking your strength through the process of making abstract feelings tangible (which is a chapter in the book!) She recommends that the strategies or tools used in the book be introduced one per week and emphasizes how important the home/school connection is.

Websites

www.self-regulation.ca - The website of the Canadian Self-Regulation Initiative

www.self-reg.ca - The website of Stuart Shanker and the MEHRIT Centre & Self-Regulation Institute Teams

<https://self-regulationintheclassroom.wikispaces.com/Self-Regulation+in+the+Classroom> - a wiki page for educators which includes games and exercise, multi-media resources, transitions & attention getters and research.

<http://self-regulationinschool.research.educ.ubc.ca/> - a website from the Faculty of Education at UBC