

# Self-regulation

Teachers and families: the early childhood and primary school curricula focus on helping children to understand and manage their feelings and behaviour.

You can encourage young children to self-regulate while playing, or while watching educational shows like *Sesame Street* together.



## Watch together

While you're watching *Sesame Street* or other educational content talk together about feelings.

### Manage strong feelings

- Name feelings you notice while watching and reassure children that it's ok to feel different feelings. Then, talk about safe ways to manage these feelings.
- While watching *Cookie's Crumby Pictures* or *Me Want Cookie*, talk together about what the characters are doing and how they are helping themselves to manage their strong feelings and behaviour by practicing important skills like waiting.
- Give children things they can use to regulate themselves such as colouring and drawing materials, calming music and space to move. Even just a little shaking and wiggling can go a long way!



## Play and learn together

### Practice calming strategies that can help you and the children!

- Take long deep breaths in where your belly blows up like a balloon, and gets flatter when you breathe out. Try to make your inhale longer than your exhale.
- Children can also close their eyes and picture things they like.
- Play simple waiting and start and stop games. You can play freeze dance where children dance when music plays but freeze when it stops. '1, 2, 3 red light' helps children to practise paying attention and regulate their behaviour.

### Make calming bottles

- Fill unbreakable bottles with water and things like paper clips, glitter or beads then seal them.
- Infants and toddlers can watch the items move, while preschool and primary school children can personalize their bottles and talk about what they notice as they shake them and watch the things fall.



### **Talk together**

Ask guiding questions to help children identify how their body looks and feels when they feel different feelings (you can even use a mirror).

- How does your body feel when you're feeling \_\_\_?
- What could you do when you're feeling \_\_\_?



### **Links to Sesame Street content**

**Here are some related songs on YouTube you can sing together:**

- ✓ [“Sesame Street: Me Want It But Me Wait”](#)
- ✓ [“Sesame Street: Common and Colbie Caillat Sing ‘Belly Breathe’ with Elmo”](#)

#### **Visit [Sesame Workshop](#)**

for many more related activities, printables, and video-based suggestions like:

- ✓ [“Calming Strategies”](#)
- ✓ [“Social Emotional Skills.”](#)
- ✓ [“Tantrums”](#)

to play online games like:

- ✓ [“Welcome to Our Garden”](#)



### **Links to find out more together**

#### **Local resources**

- ✓ [The Ministry of Education and Youth’s Game-Based & Interactive Learning Activities for Early Years](#)
- ✓ [Curricular resources](#) like the Resource Book and curriculum guides from the Early Childhood Commission
- ✓ Digital library Book Fusion has free books <https://www.bookfusion.com/libraries/MOEYI>
- ✓ The children’s book [I Have Feelings](#) (<https://bit.ly/ihavefeelings>)
- ✓ [Reach Up and Learn Parent Manual: Activities for Children Up to Age 3 Years](#)

#### **Other resources**

- ✓ Center on the Social and Emotional Foundations for Early Learning <http://csefel.vanderbilt.edu/>
- ✓ Play online [feelings games](#) on [www.pbskids.org/games](http://www.pbskids.org/games)
- ✓ [Global Digital Library](#) has 6,000+ free books in over 83 languages (<https://digitallibrary.io/>)
- ✓ [Room to Read’s](#) free digital library <https://literacycloud.org/>