



Self-Regulation Skills: Relaxation Thermometer

Self-regulation is the ability to recognize and manage your emotions and behaviors in different settings and activities.

Children who learn to regulate their emotions:

- ▶ Have an easier time making friends
- ▶ Handle disappointment better
- ▶ Relate more successfully with peers and adults
- ▶ Are less impulsive

Instructions

- ▶ With help of child, choose which expressions to include on the thermometer.
- ▶ Take photos of child demonstrating each expression and cut them out into circles.
- ▶ Place photos onto the designated areas of the thermometer using an adhesive (e.g., glue or tape).
- ▶ Write the feeling words that match each expression on the corresponding lines.

Teaching this Skill

Teach the following strategy when the children are calm and engaged. Remind children of the strategy when they need to calm down through use of visuals or props.

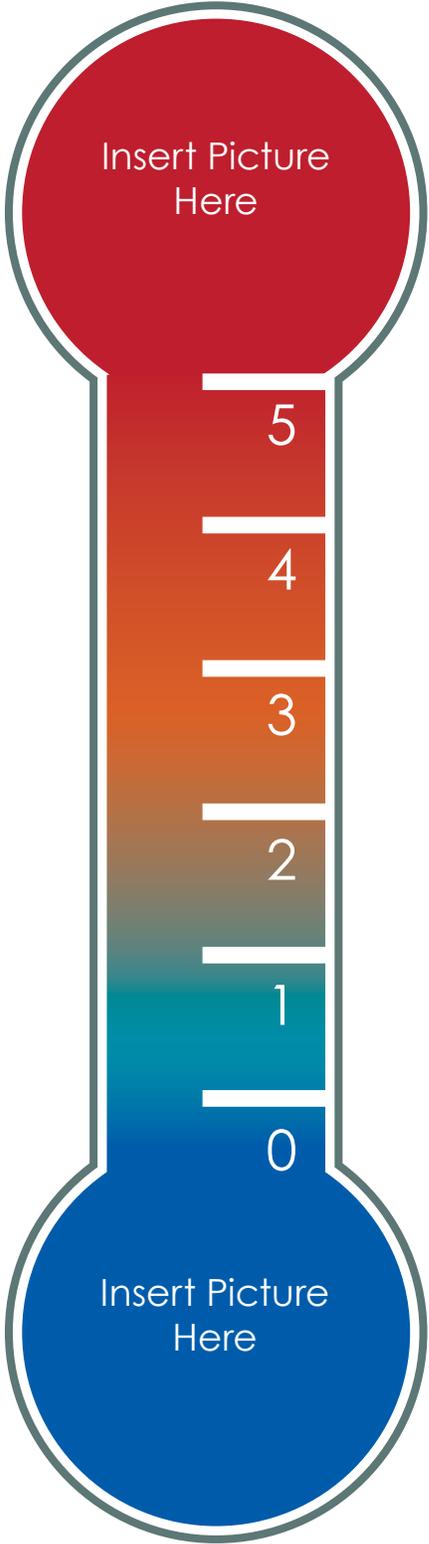
Relaxation Thermometer

- ▶ Teach children how a thermometer works.
- ▶ Teach children to recognize how feelings affect their bodies and ability to regulate.
- ▶ Use the thermometer as a visual to show how their affect changes and can intensify or relax (or calm) depending on the level of emotion they are experiencing.
- ▶ Practice use of the relaxation thermometer when children are calm and regulated.

How You Can Help Children Self-Regulate

- ▶ Teach clear positive expectations/rules daily.
- ▶ Model and discuss reasons for desired behaviors.
- ▶ Validate feelings.
- ▶ Assist with language through labeling actions, feelings, and emotions.
- ▶ Provide positive feedback in response to the child regulating their behavior and help child regulate by modeling ways to calm down when needed.
- ▶ Provide opportunities for developmentally appropriate play.
- ▶ Promote children's independence across the day.
- ▶ Provide a place child can go to take a break and calm down.

Relaxation Thermometer



I Feel _____

Take 3
deep breaths
1, 2, 3

I Feel _____