

Co-Regulation Strategies.

Use visual Resources to help with the concepts

1



Connect. Listen, rephrase or use physical touch (for some children)

2

You seem sad. I feel sad too when we can't visit Granny



Name the emotion and validate the feeling

3

How can we work this out?

What will we do first? Brush our teeth or wash our face?

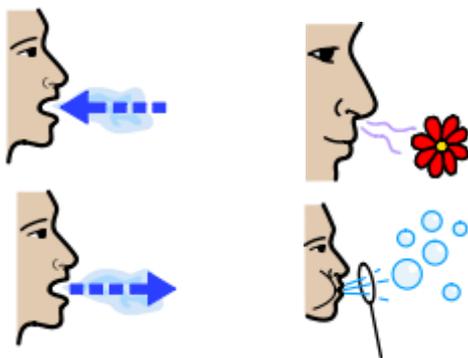
Give choices or solve problems together. A first/then visual resource will help.

4



Move together. Model self-regulation

5



Breathe together

6



Engage in calming activities together