

# PBIS Early Learning Webinar

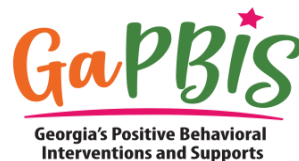
## “Teaching Students How To Identify and Regulate Their Emotions”

*Covid-19 Series*



*April 21, 2021*

*Presenter: Brandy Woolridge*



# Sign-In QR Code



Instructions	
Step 1:	Place your cell phone camera over the QR Code on the left.
Step 2:	Complete the sign-in information
Step 3:	<b>Question #2- Which topic was covered?</b> <b><i>Click</i></b> GaDOE/DECAL Early Learning Webinar Training

# Learning Objectives

**At the end of this webinar participants will...**

- ✓ **Be able to define and describe emotional regulation**
- ✓ **Reflect on their own self-regulation strategies**
- ✓ **Understand how brain function impacts self-regulation across the life span**
- ✓ **Learn strategies to teach students emotional regulation**
- ✓ **Gain access to tools and resources used to teach emotional regulation**

# Emotional Literacy Refresher

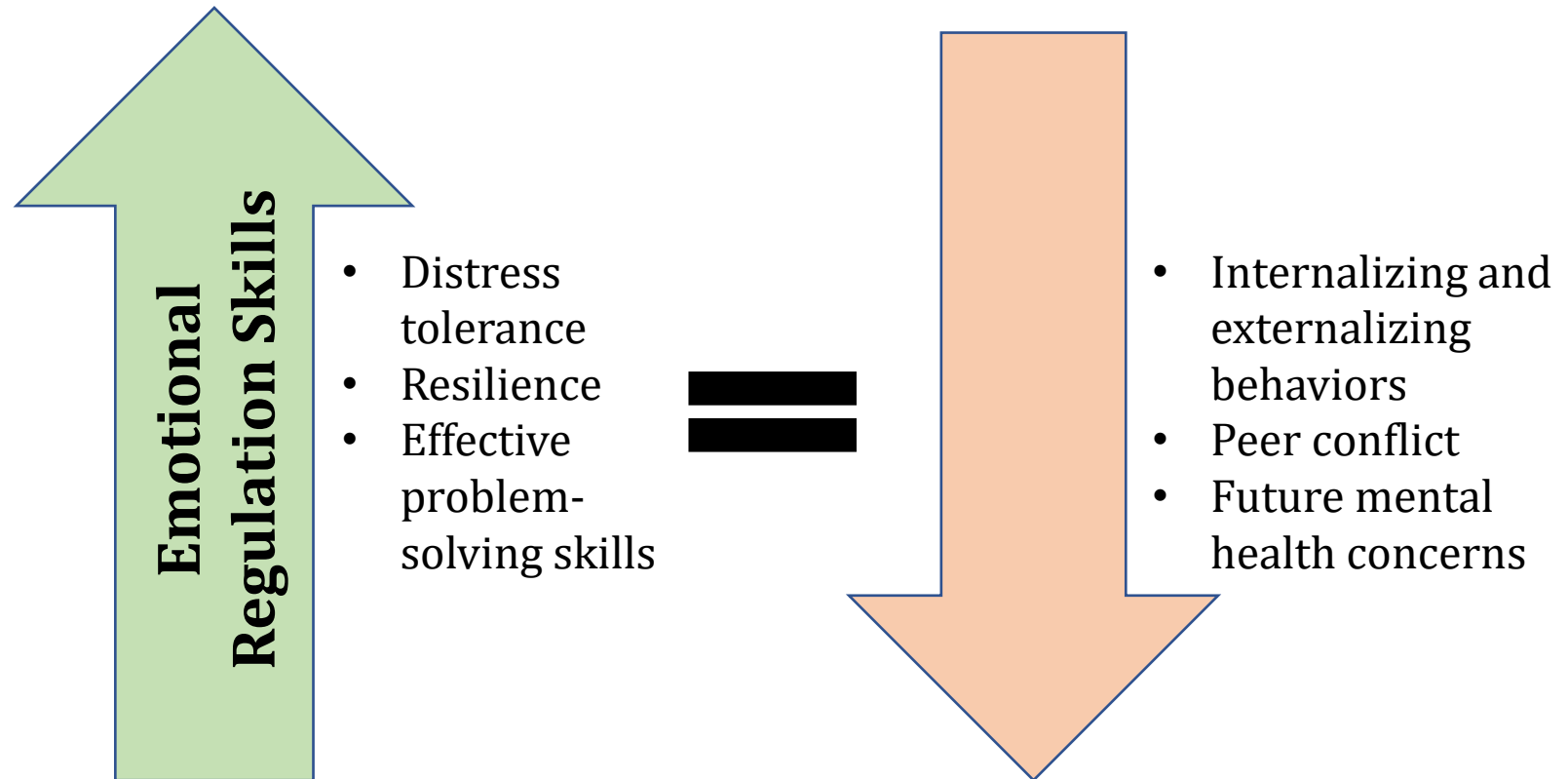


**Emotional literacy is the ability to identify, understand, and express emotions in a healthy way.**

**For a refresher on Emotional Literacy, see our last webinar: [“Learn To Recognize Emotional Distress In Students”](#)**

# What Is Emotional Regulation?

**The ability to control impulses, manage emotions and exercise self-discipline.**



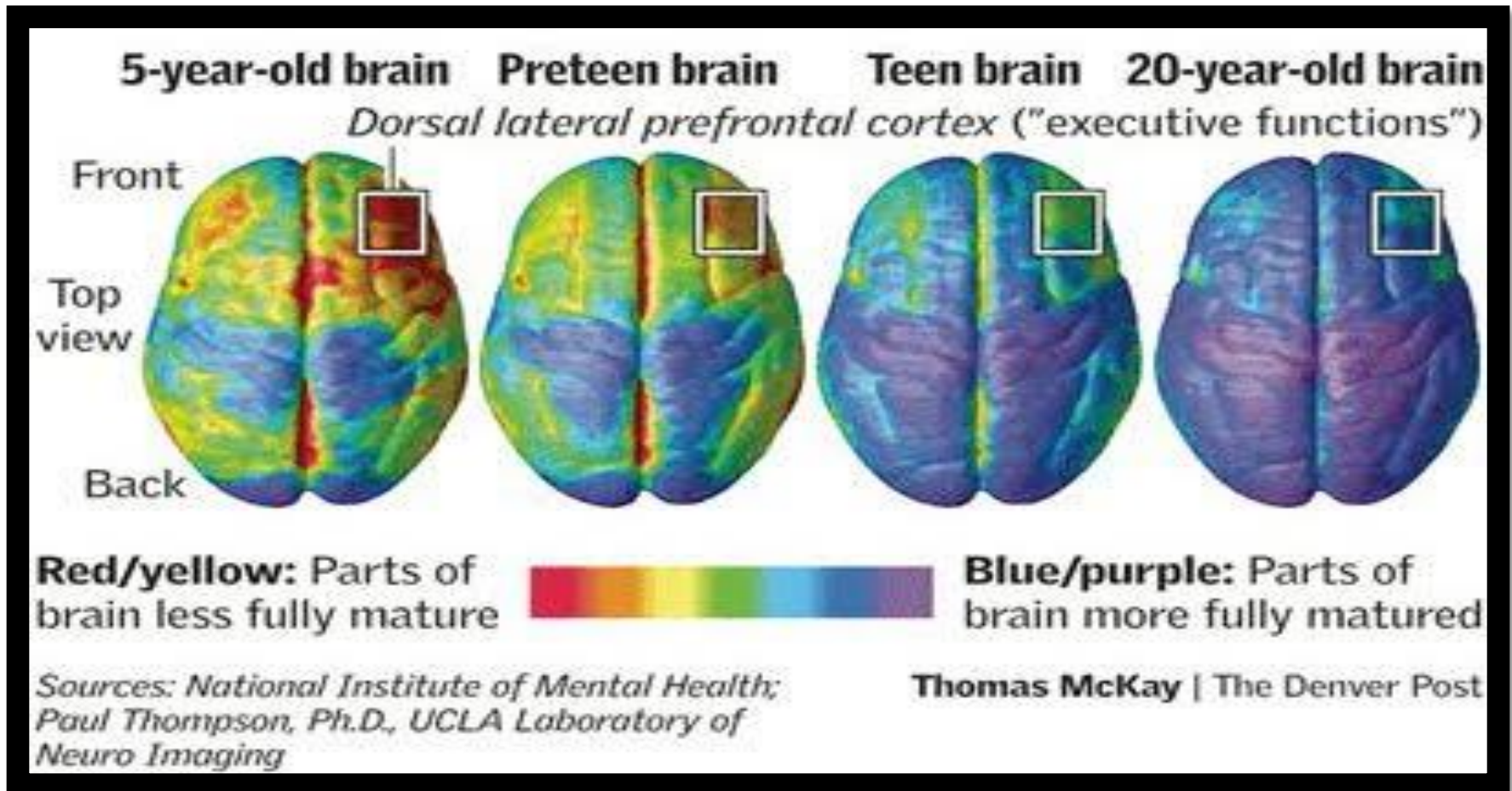
# Your Turn!

How do *you* self-regulate?



# Children Vs. Adults

## Why Focus on Social Emotional Learning?



# Teaching Emotional Regulation

## Be a role model

Use naturally occurring stressors to your advantage. Modeling emotional regulation techniques is a great way to build these skills in your students!



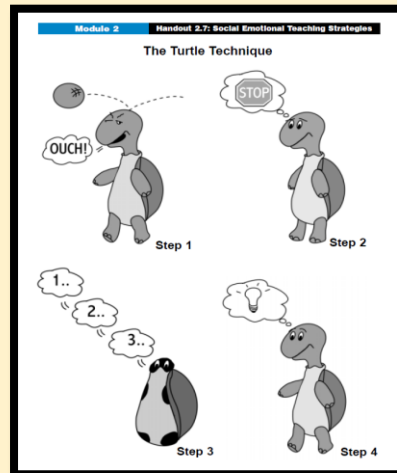
*“Our technology is just not working today and I’m hearing a ton of people talking all at once. I feel a bit overwhelmed. I need to take 2 minutes to take my headphones off and stretch quietly.”*



# Emotional Regulation Strategies

## Pre-K through 1<sup>st</sup> Grade Students

### In-Person



### Virtual



# Emotional Regulation Strategies

## 2<sup>nd</sup> through 5<sup>th</sup> Grade Students

### In-Person



### Virtual



# Emotional Regulation for Teachers

## Strategies

**Stay in tune with your emotions**

**Try your best to convey confidence**

**Equip yourself with the tools to feel secure**

**Lift your spirit in difficult moments**

**Keep reflecting**

# Resources

## DECAL SEEDS Promoting Self-Regulation



### PROMOTING SELF-REGULATION

#### OBJECTIVES:

- Understand the meaning of self-regulation
- Understand how children and adults react and respond in the different states of the brain
- Understand the importance of teaching children how to self-regulate
- Learn strategies for helping children self-regulate



National Center for Pyramid Model Innovations  
<https://challengingbehavior.cbcs.usf.edu/>

Self-Regulation	Self-Composure
Self-Regulation is the ability to control impulses, manage emotional upset, and exercise self-discipline.	Self-Composure is the process of moving yourself from the lower centers of your brain to the higher centers of your brain so you can teach and model appropriate behavior.

#### How do you self regulate?

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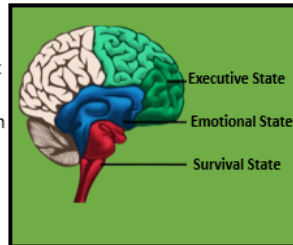


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#### Understanding the Brain

##### The Brain

- **Survival State** - primitive part of the brain that controls our breathing
- **Emotional State** - the feelings part of our brain
- **Executive State** - the thinking brain, our CEO, our executive function



## Tennessee Department of Education Attitudes and Skills In Children



### Better Attitudes & Skills in Children

A Collection of Anger Management/Impulse  
Control Activities & Lesson Plans  
(PreK-3<sup>rd</sup> grade)

Provided by Project B.A.S.I.C. Child Development Specialist,  
&  
Child Care Consultation Staff

Creation of these materials is supported by the Child Care Consultation grant through the Tennessee Department of Mental Health and Substance Abuse Services (2015)

# Resource Links

[My Coping Strategies- Chart](#)

[Calming Down with Cali- Poster](#)

[When I'm Angry- Poster](#)

[When I'm Angry- Cards](#)

[Problem Solving Cards](#)

[Breathing Exercises](#)

[Children's Social-Emotional Book List](#)

[The Turtle Technique](#)

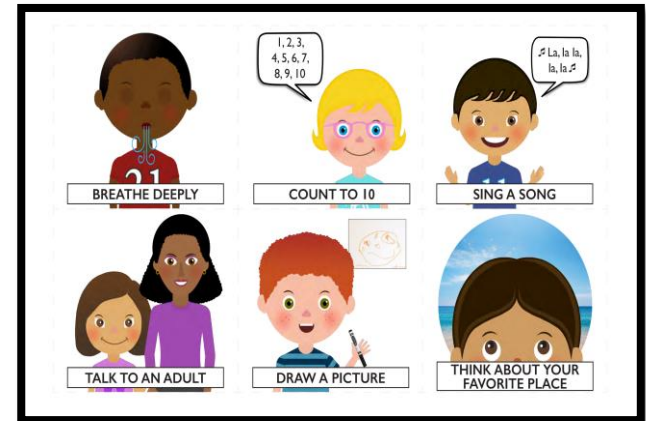
[Mindfulness Exercises in the Classroom](#)

[Relaxation Thermometer](#)

[Pyramid Model Emotional Regulation Implementation](#)

[Checklist](#)

[Solution Kit](#)



# Evaluation



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**“No significant and sustainable change has ever taken place without first changing the conversation.”**

*-Dr. Garry McGiboney*