



# Tools to support your child with co-regulation



**Identifying how they are feeling using pictures verbal prompts, or visual aids.**

You can use concrete items such as toys or objects.

**Allow your child to draw or paint their feelings or experiences.**

It may not be what you expected, support your child to represent their feelings on paper.



**Use play to explore their feelings and explore appropriate responses.**

Use playdough – add some spices and herbs for a multi-sensory experience.



**Provide opportunities for movement breaks.**

Try animal yoga, heavy work, dance party, walking or running.



**Provide opportunities for a safe space to engage in some quiet time.**

Reading, sensory bottles or fidgets.

**Have something to eat or drink – sometimes we might be feeling a little hangry!**

(hungry/angry) - it happens to all of us!

