

Emotional Regulation for Children & Young People

Caroline Waran - caroline@cwmhconsulting.com

1

Housekeeping

- ▶ Microphone off unless you're speaking
- ▶ Camera on please if you're comfortable to do so
- ▶ Use chat to ask questions or give me a wave!
- ▶ Time at the end for questions



2

Learning Outcomes

By the end of this session, you will be able to...

- Understand the current climate around children's mental health
- Know how to recognize when a child is struggling
- Share methods for self regulation
- Practice skills for co-regulation
- Think about how to incorporate emotional regulation in a school environment
-

3

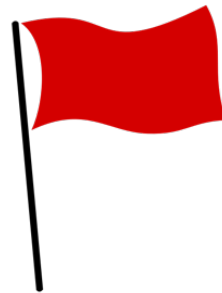
Children & Young People's Mental Health

- ▶ 1 in 6 children aged 5-16 likely to have a mental health problem
- ▶ Increase of 50% in the last 3 years
- ▶ 39% of 6 to 16 year olds had experienced a deterioration in mental health since 2017
- ▶ 34% of those who are referred into NHS services are not accepted into treatment

4

Signs of concern

- ▶ Changes in Mood
- ▶ Avoidance
- ▶ Physical Symptoms
- ▶ Sleep Issues
- ▶ Low Self Esteem



5

Emotional Regulation

‘Awareness & Understanding of ones emotions and their impact on behaviours, and the ability to manage those emotions in a positive way’



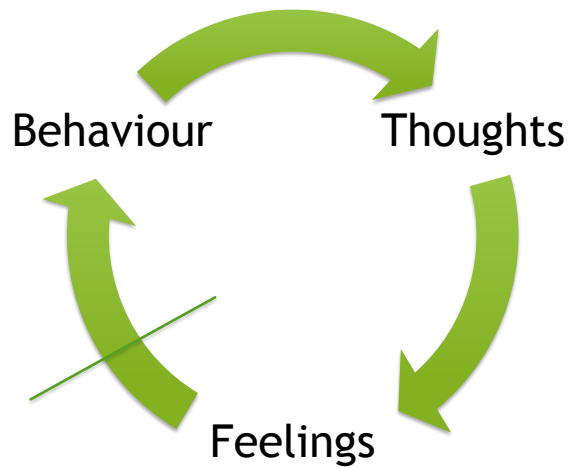
Emotional Co-Regulation

‘The way we adjust ourselves when interacting with another person. It is when we support another person to regulate their emotions, feelings and behaviours’



6

Why is regulation important



7

Tips for co-regulation

1. Regulate Yourself
2. Get Close
3. Make Eye Contact
4. Actively Listen
5. Be Curious
6. Show Empathy
7. Offer Affection

8

Emotional Self-Regulation Tips

Recognising Emotions

- First step to self regulation is recognizing our emotion
- Start with the basics:



9

Ideas for Self Regulation

- Set the Tone
- Build a Word Wall
- Check in all day
- Share your Own Feelings
- Calm Down Spot

10

Emotion Coaching

1. Tune In

2. Connect

3. Empathy

4. Reflect

5. Solutions

11

5 Point Rating Scale

5	I AM GOING TO EXPLODE!!!
4	I AM GETTING ANGRY
3	I AM A LITTLE NERVOUS
2	FEELING OK
1	CALM AND RELAXED

© 2020 The Incredible 5-Point Scale, Karl Dunn Burton

12

Whole School Approach

- ▶ Developing a positive ethos and culture
- ▶ Working with families
- ▶ Maximizing Learning
- ▶ Commitment from School Leadership
- ▶ Day to day contact
- ▶ Encouraging openness
- ▶ Measuring Impact

13

Final Thoughts

*‘People will forget what you said,
people will forget what you did, but
people will never forget how you made
them feel’*

Maya Angelou

14

What next?

- One small action for you, one for the young people you support



15

Thank you!

Caroline Waran - caroline@cwmhconsulting.com

16