

# Summary Notes

## Emotion Regulation for Children & Young People

### CHILDREN & YOUNG PEOPLES MENTAL HEALTH

Around 1 in 6 children aged 5-16 are likely to have a mental health problem. Signs to look out for include:

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

### EMOTION REGULATION

Awareness & understanding of one's emotions and their impact on behaviors, and the ability to manage those emotions in a positive way. We covered the following tools:

- Recognise Emotions
- 5 Point Rating Scale
- Emotion Coaching

### 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.

- Regulate Yourself
- Get Close
- Make Eye Contact
- Actively Listen
- Be Curious
- Show Empathy
- Offer Affection

### WHOLE SCHOOL APPROACH

A mentally healthy school is one that adopts a whole school approach to health and wellbeing, where all parts of the school commit and work together. It aims to develop a positive ethos and culture, and maximise children's learning through promoting good mental health and wellbeing across the school.

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