

Self-Regulation Reflection

Sensory integration and its impact on emotion regulation is new and emerging science. Seeking out appropriate sensory stimulation to self-regulate is an important skill for adults and children to develop. Many of us do this naturally to some degree-- bouncing our legs to help focus our minds, applying nice-smelling hand lotion to calm down when upset, or putting in ear plugs when we're overwhelmed. Use this reflection for yourself to help understand the ways you self-regulate and consider how to provide opportunities to help children in your care self-regulate and co-regulate along with you when they are overwhelmed with big emotions. Think about these in two categories: times you want to increase stimulation to come back to a regulated state (these might be times when you're sad, bored, or fatigued), and times you want to calm down (like when you're angry, frightened, or anxious). Write down what would help you come back to baseline.

Visual

Consider aspects of environment like types of colors and lighting, as well as activities like drawing or focusing on a glitter bottle.

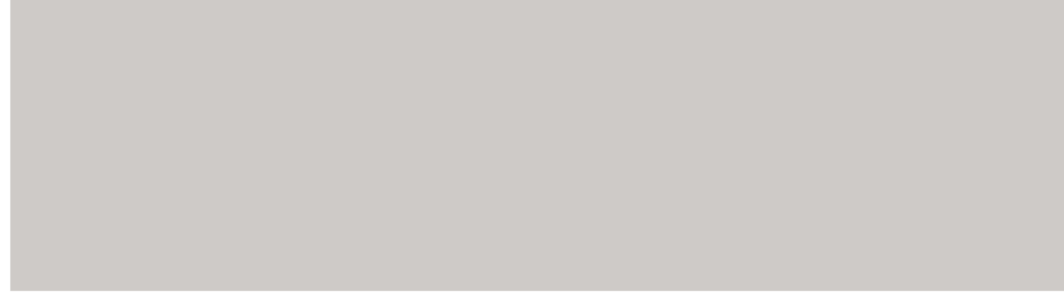
Auditory

Consider aspects of environment like music or sounds, as well as actions that create or decrease sound like drumming or noise-canceling headphones



Olfactory/Gustatory

Consider both indoor and outdoor environments, and get specific. Fresh cut grass, the smell of rain, or the taste of lemon might all impact your mood.



Tactile

Consider aspects of environment like blankets and pillow textures, as well as activities like brushing hair or different types of fidget toys.



Proprioceptive

Consider aspects of environment like swings and rocking chairs, as well as actions like yoga, jumping jacks, or dancing.

