

# Supporting Emotion Regulation

Emma Woosley – Trainee Educational Psychologist

## Welcome!

As everyone is arriving, feel free to spend a couple of minutes reflecting on which dog best reflects how you are feeling this afternoon.



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## The Plan for Today



To use some ideas from psychology to think about emotion regulation



To share some evidence and experience-based strategies you can try (or might have tried already!)



To listen to each others' experiences and ideas – you are experts in your children!

There are **no silly questions!**



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## What is Emotion Regulation?

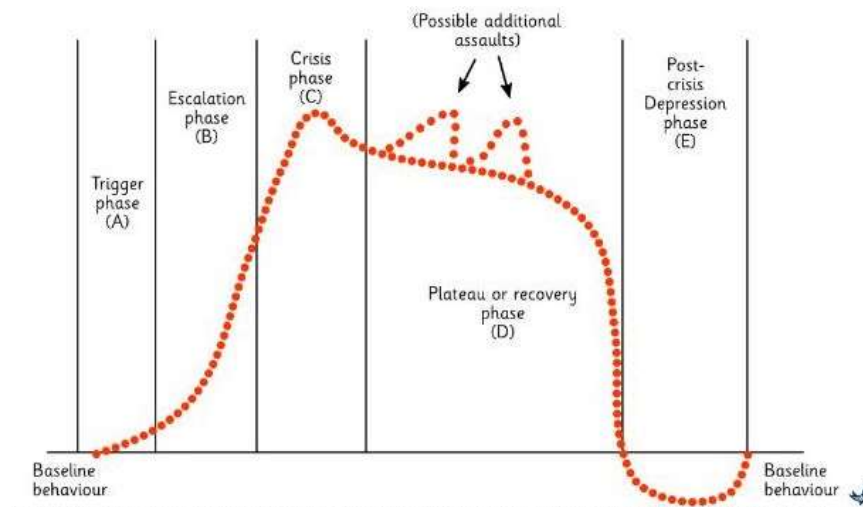
- Emotion regulation is how we manage our feelings: noticing them, understanding them and choosing what to do with them.
- It is not about *stopping* negative emotions, but involves learning to manage them in helpful ways.

Impulsive reaction	Emotion regulation	Regulated reaction
Hits sibling and screams when they knock over their Lego tower.	→	Says "You ruined it!" with a raised voice but doesn't lash out.
Throws toys or runs away when told it is bedtime.		Says "But I'm not tired!" with frustration but starts packing up.



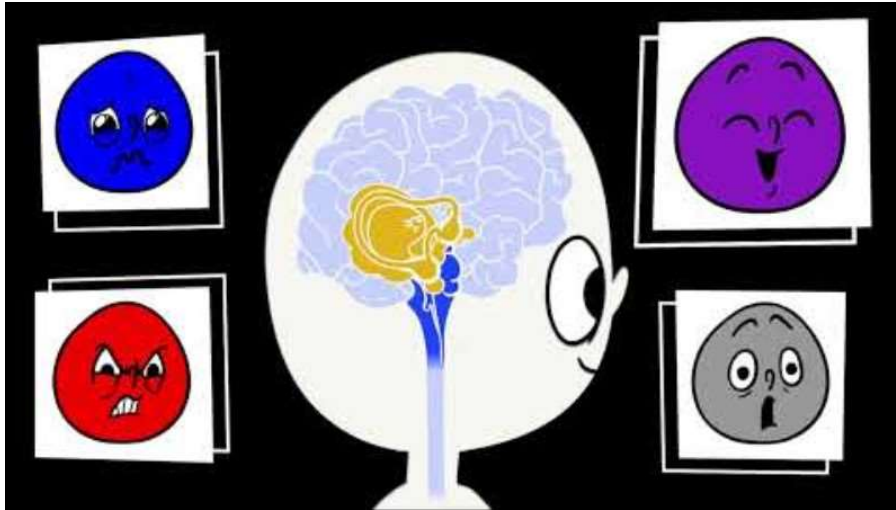
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## What Happens During Dysregulation?



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## Why Does Dysregulation Happen?



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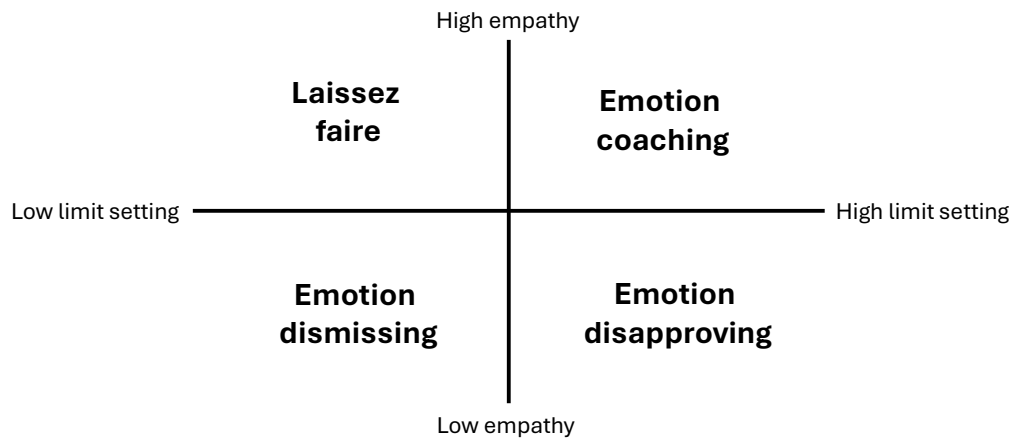
## Pause



Any questions or reflections  
so far?

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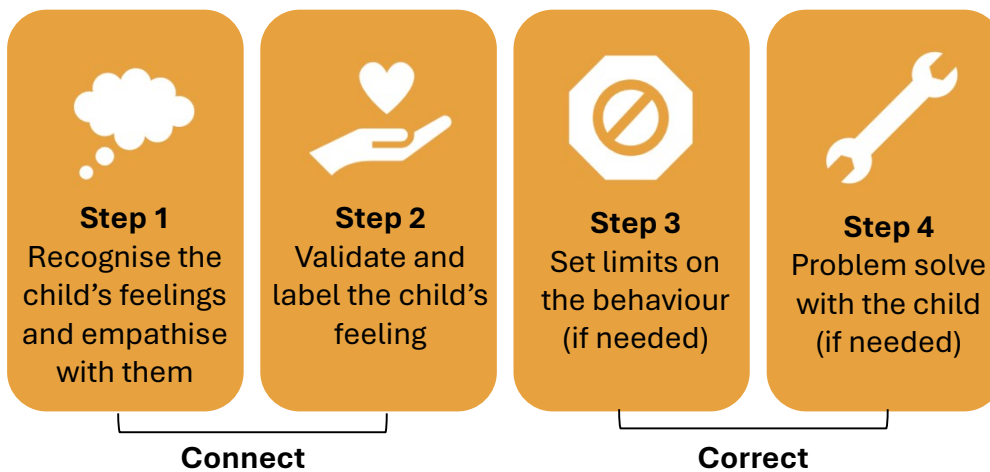
## What Can We Do At Home?



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## What Can We Do At Home?

### Emotion Coaching



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## Case Studies - How Would You Respond?

- Noah is playing a board game with his sister. When she wins, he suddenly flips the board, screams, “I hate you!” and starts throwing his pieces across the room. When his mum tries to speak to him, Noah pushes past her, runs upstairs and slams the door. His mum is left feeling shocked, angry and unsure what to do next.
- Maya is usually cheerful in the mornings. But today, when her toast is cut the ‘wrong’ way, she bursts into tears, shouts at her parents and throws her plate on the floor. Her mum is stunned – it seemed like such a small thing to cause such a big reaction.
- Rory is at a friend’s birthday party. He’s full of energy, running around, shouting and laughing loudly. After a while, he starts running around and pushing other children and gets told off by the party host. When his dad asks him to calm down, Rory shouts, “you’re ruining everything!” and hides under a table in tears.



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## Questions



What is your key takeaway from today?

Any questions or other reflections?

*“But what about...?”*



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# Thank you!

Please feel free to stay and have a look through the resources, discuss your experiences with others or ask any further questions.

