

# Self-Regulation & Emotional Expression

## Feelings and Our Bodies

When we feel our feelings or emotions, we will often feel a feeling or 'sensation' in our body too - they are linked really closely

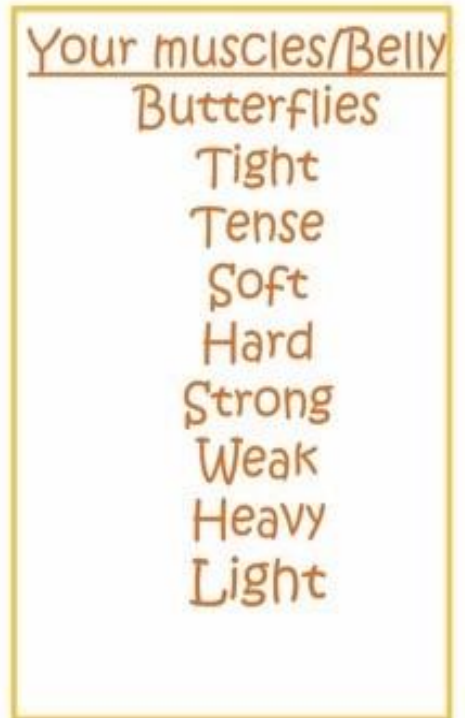
It can be really helpful to notice the feelings in our bodies and notice where abouts in our body we have them

We can then notice how our bodies change and feel when we have different feelings or emotions - like Sad, Happy, Excited, Angry and many more...

The following activities may be able to help you with this...

# LISTEN TO YOUR BODY

Pause & check-in with yourself.  
You can pay attention to:



There are many different sensations. What sensations do you notice right now?

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# LISTEN TO YOUR BODY

Pay attention to:

Your breath

Your heartbeat

The temperature of  
your skin

Your muscles &  
belly

Your energy

What sensations do you notice?

# LISTEN TO YOUR BODY

## Daily Body Check-In:

Why don't you try to check-in with how your body feels when you wake up in the morning and before you go to sleep at night?

"I notice my breath feels..."

"I notice that my skin feels..."

"I notice that my heart is beating..."

"I notice that my tummy feels..."

"I notice that my head feels..."

"I notice that the energy in my body feels..."

"I notice that my toes feel..."

"I notice that my fingers feel..."

"I notice that my mouth feels..."

Where else do you notice sensations in your body?

# The 5 Step Self-Holding Exercise

(Gently move your hands through the actions on the pictures, breathing gently and slowly - take your time)

1.



## Hands on SIDE OF YOUR HEAD

- Take a few deep breaths (you may want to close your eyes)
- Gently move your hands to your head and hold them there
- Continue to take some deep breaths and notice any feelings in your body - all feelings are ok

2.



## One hand on FRONT OF YOUR HEAD, one hand on BACK OF YOUR HEAD

- When you are ready, gently move your hands into your next position
- Continue to take some deep breaths and notice any feelings in your body - all feelings are ok

3.



## Keep your hand on the FRONT OF YOUR HEAD, move your other hand ON YOUR CHEST

- When you are ready, gently move your hands into your next position
- Continue to take some deep breaths and notice any feelings in your body - all feelings are ok

4.



## Keep your hand ON YOUR CHEST, move your other hand to your LOWER TUMMY

- When you are ready, gently move your hands into your next position
- Continue to take some deep breaths and notice any feelings in your body - all feelings are ok

5.



## Move your hand higher up on your tummy UNDER YOUR RIBS, move your other hand to the BACK OF YOUR NECK

- When you are ready, gently move your hands into your next position
- Continue to take some deep breaths and notice any feelings in your body - all feelings are ok

## Blowing bubbles



Try and see how long you can blow out for and how many bubbles you can blow!



If you haven't got any bubbles - try blowing a Dandelion and see how long you can blow out for!

## Get outdoors...!



Spending time outside in a natural green space can really help us feel happier and calmer...

You can just sit and enjoy the view or you could do some activities like these...

- Walk barefoot on the grass - how does it feel?
- Use any flowers/grass/leaves/pebbles/sticks you might find to create an art scene or picture
- Count how many types of different trees and plants you can find
- Notice the different smells you come across
- Notice what emotions and sensations you feel in your body when you are outside
- Play with the light and shadows - what can you see?
- Take some pictures of what you see - you could even print these out and make a collage!

## Get Messy...!

You could make some playdoh or other crafts...



### No-Cook Playdough Without Cream of Tartar

1 cup flour  
1/4 cup salt  
3/4 cup of water minus 3  
tablespoons  
3 tablespoons of lemon juice  
1 tablespoon cooking oil

Measure water and lemon juice in a glass, heatproof, microwavable bowl. Heat in the microwave until just boiling, about three minutes.

Meanwhile, mix together the flour, salt and cooking oil. Set aside.

Add a few drops of food coloring to the water and lemon juice mixture, if desired.

Slowly pour the water and lemon juice into the flour mixture.

Stir until the mixture forms into a dough.

If needed, drop the hot dough onto the countertop and knead with hands. (Only for adults). The dough may be slightly sticky until it completely cools.

### Worry Dolls



### What are Worry Dolls?

Worry dolls are tiny dolls that children tell their worries to before placing them under their pillow at night.

The worry dolls take the children's worries away while they sleep.

They are a lovely opportunity to encourage children to talk about how they are feeling.

### What to do:

- Break your sticks or twigs into small lengths (about 5cms).
- Wrap different colours of wool, ribbon or thread around your stick (use a skin colour towards the top for a face). Tie off the ends.
- Felt tip a face onto your doll.

### What you need:

- small sticks or twigs
- wool, ribbon or thread
- felt tip pens



# Arts, crafts and play

Any type of art, craft or play activity can help soothe our difficult feelings



You might want to put on some calming music to help soothe you during the activity

You don't have to make anything in particular - notice your body feelings and emotions and see what you want to make



What you make doesn't have to make sense and you don't have to show it to anyone - it can be just for you

There is no right or wrong - you can make whatever you like!

