

# PSED

## Self-Regulation



Think about.....

Do children feel welcomed into class each day?

How do you know if any children are a little sad, dysregulated when they enter school?

How do you start your day?

Do you use circle time/key group time to start the day?

How might this be beneficial?

Do the children know what is expected of them that day?

Do they know the routine. Can they see it?

Do they know what activities they are expected to do that day?

**Emotion Coaching-** Have you considered how you deal with behaviour and what is best practice based on current research?

*Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.* [Emotion Coaching - United Kingdom \(emotioncoachinguk.com\)](http://emotioncoachinguk.com)

**Zones of Regulation-** is there a space in your classroom children can go to on an individual bases to support their self-regulation. Does an adult join them on that journey if it is needed? What resources/ visuals are in that area to support the children in managing themselves independently?

*The zones of regulation provides an easy way to think and talk about how we feel on the inside and sorts emotions into four coloured zones, all of which are expected in life.*

[The Zones of Regulation | A Curriculum For Emotional Regulation](http://www.zonesofregulation.com)



## Circle Time

Gather time each day to specifically teach your skills for PSED as well as other areas on learning. If this is at the start of the day think about how you could use zones of regulation to have a quick check in on emotions each morning and getting ready for the day ahead.

Talking time- How do you ensure all children have time to talk and express their views and opinions. Thinking about group size, other adults and your space.



*Books-* some useful books that will support PSED- Self-Regulation teaching.

