

## What is Emotional Regulation?

'Emotional regulation is how we manage our responses to strong feelings or triggers. Emotional regulation is a skill that develops with age, experience, and problem-solving abilities. (Coventry and Warwickshire RISE, 2025)

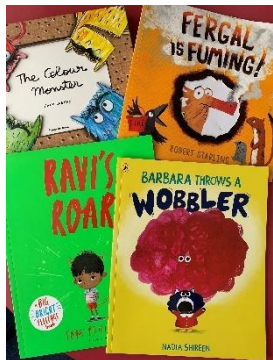
Whether you are experiencing difficult feelings, or supporting someone, it is important to remember that there are no "good or bad" emotions. Emotions are signals from our fight, flight, freeze response, warning us about possible threats. It is the expression of emotions through behaviours that can be challenging. (Coventry and Warwickshire RISE, 2025)

## Tips for supporting with Emotional Regulation

- Day to day strategies:
  - Talk about emotions in the family and role model labelling feelings and how to regulate emotions. "I am feeling annoyed that the car won't start and we are in a rush. I am going to take three deep breaths."
  - Explain that all feelings are okay. "It's okay to feel upset, how can I help?"
  - Give positive praise to children when they share how they feel or begin to regulate their own emotions.
  - Make a calming box with your child for moments of dysregulation (soft toy, fidget toy, pasta and string to thread, colouring, a smell they like).
- During emotional dysregulation:
  - Regulate yourself before speaking to your child
  - Label the emotion with your child "I can see you're feeling..."
  - Be alongside your child and seek to understand how they are feeling
  - Co-regulate by using calming strategies (deep breaths, hug a teddy, squeeze/ push against an object, talk about a different topic, colouring, lego, play dough, bubbles). Every child is different, being a quiet presence can be just as supportive.
- After emotional dysregulation:
  - Reflect together on emotions and behaviours. "It is okay to feel angry, but it isn't okay to hurt others."
  - Problem solve what could be different/helpful next time. "Let's talk about what we could do if you feel that way again."

## Books and Videos to Support EYFS and KS1 with Emotional Regulation

Books:



The Colour Monster – Anna Llenas

The Colour Monster: The Feelings Doctor – Anna Llenas

Fergal is Fuming – Robert Starling

Ravi's Roar – Tom Percival

Barbara Throws a Wobler – Nadia Sheireen

Video: Hand Model of the Brain – Emotion Coaching UK

<https://www.youtube.com/watch?v=Kx7PCzg0CGE>

Zen Den: Hidden Treasure, Getting Wanty, Be the Pond

<https://www.youtube.com/watch?v=gj9mTHs46DY>

<https://www.youtube.com/watch?v=VxNecShMOHQ>

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

## Emotional Regulation at Whitestone Infant School

At Whitestone Infant School, we use Zones of Regulation to label emotions and strategies to move between zones.



## References

Coventry and Warwickshire RISE. (2025). *Emotional Regulation*. Available at: <https://cwrise.com/emotional-regulation/> (Accessed 30.04.2025)

