



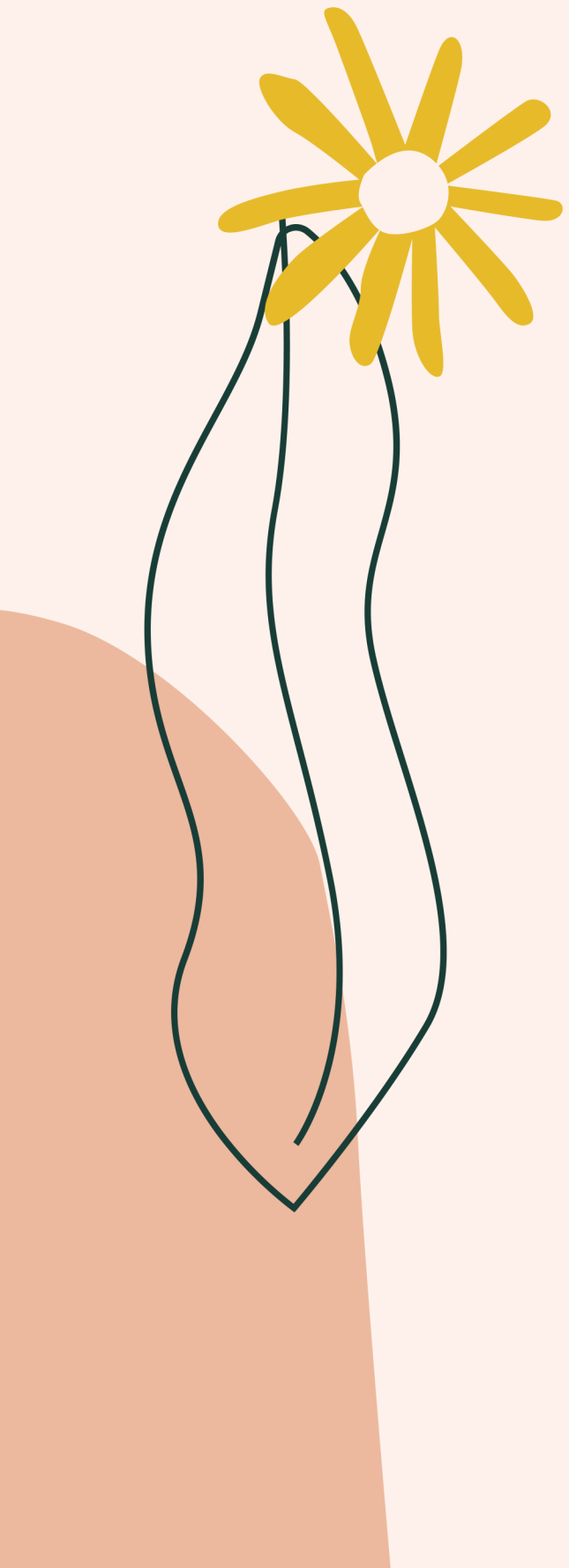
SELF-REGULATION TOOLS AND TRICKS IN STORYTIME

Brittany Zuehlke

Branch Outreach & Programming Specialist

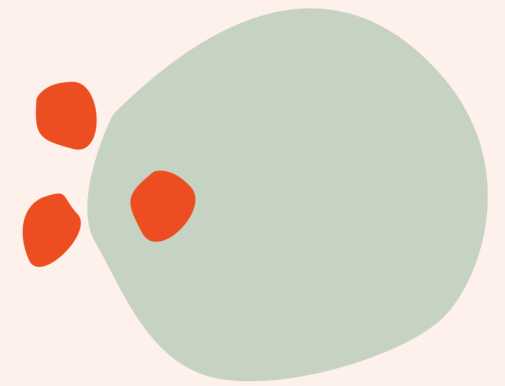
Kent District Library | Alpine Twp., Tyrone Twp. & Walker Branches

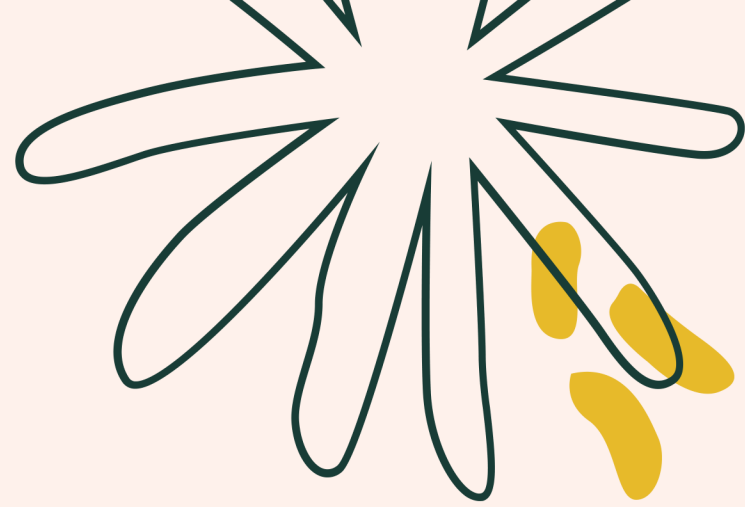




A bit about me...

I am a wife and mother to a tiny human, a couple of cats and several houseplants. I earned my MIS at Wayne State University in 2017 and have since been a part of KDL. In my free time I read, embroider, crochet, play video games, watch television shows, disc golf, enjoy nature, play Dungeons & Dragons and spend time with my family and friends.





Outcomes

Participants will learn what self-regulation is and how we can support its development in children.

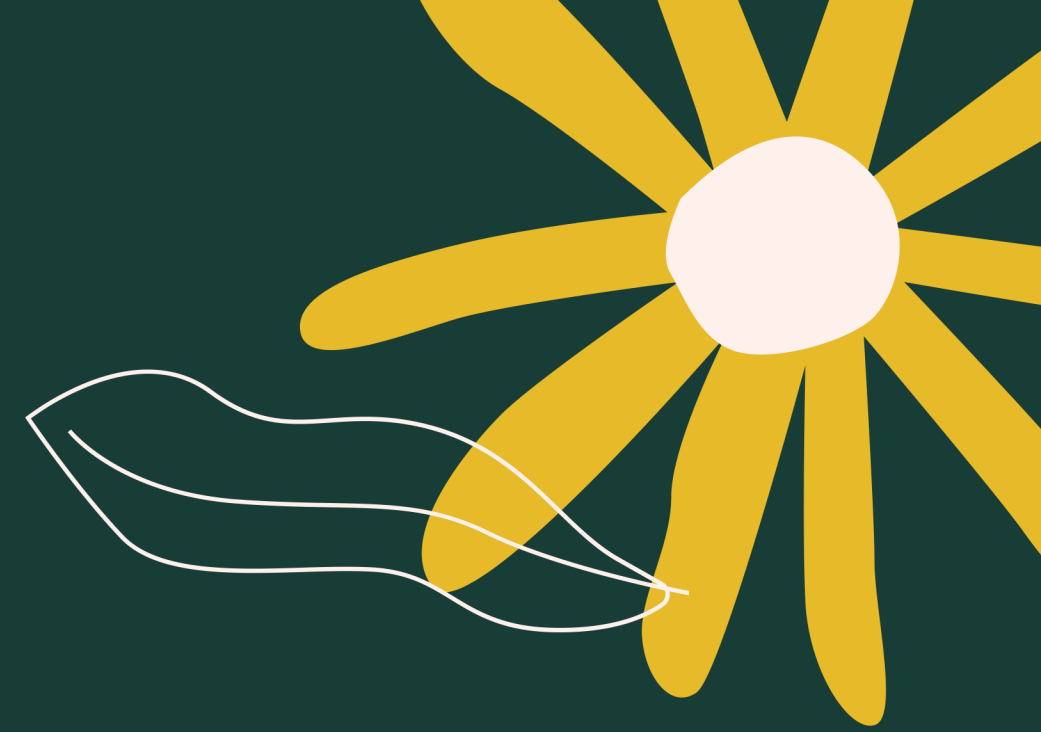
Participants will learn how to add self-regulation techniques into their Storytime programming through movements, breathing exercises, tapping and more.



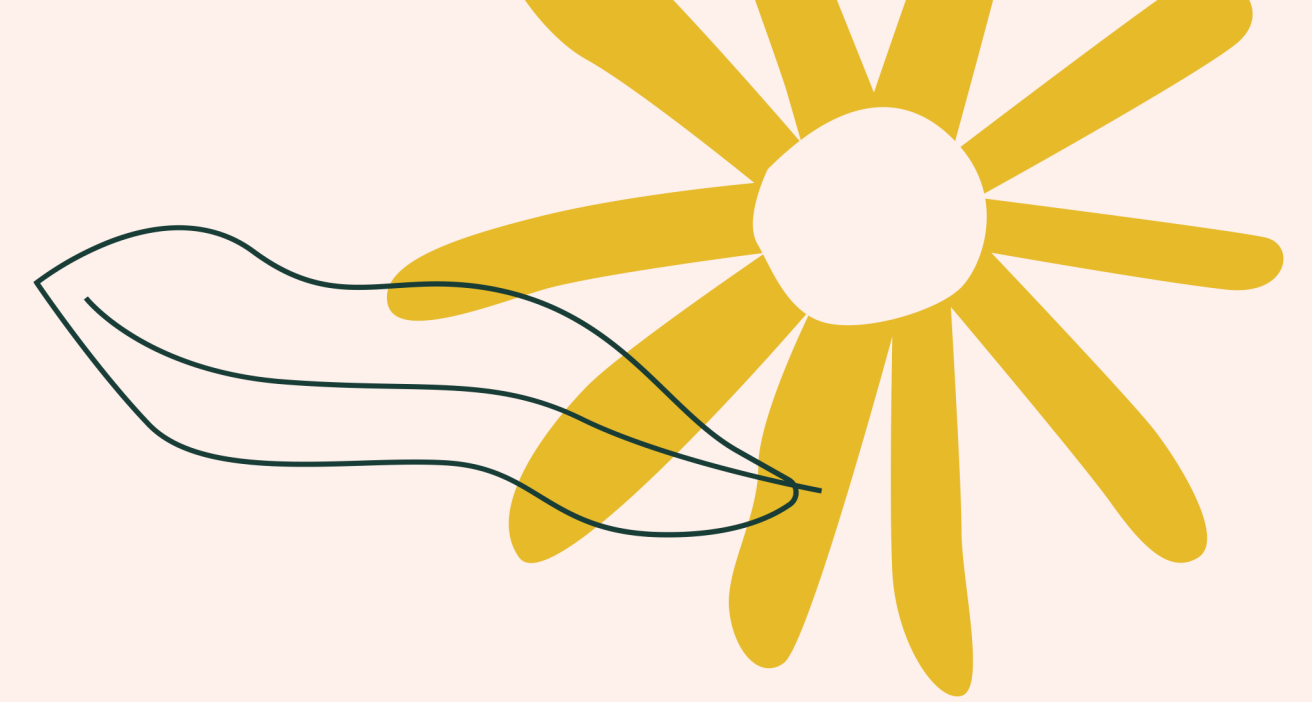
According to the CDC...

9.4% of children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019.

4.4% of children aged 3-17 years (approximately 2.7 million) have diagnosed depression in 2016-2019.



ANXIETY



May present as fear, worry, irritation or anger

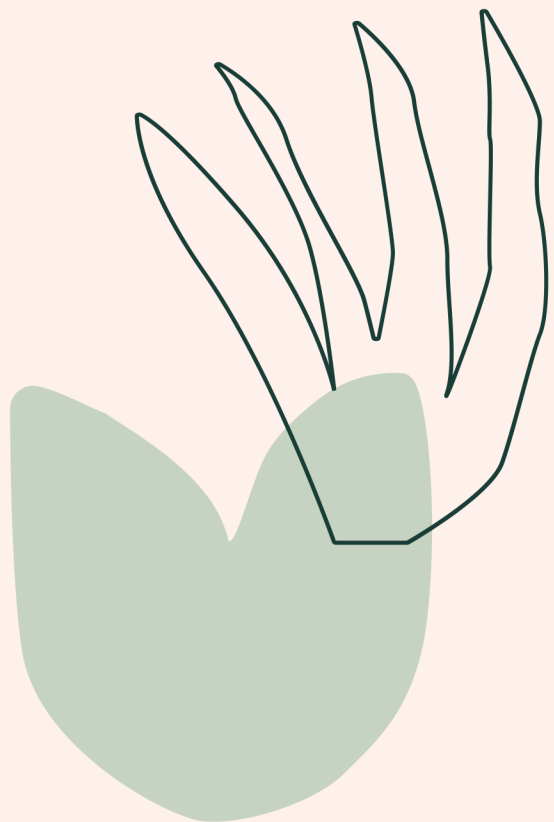
Separation anxiety

Phobias

Social anxiety

General anxiety

Panic disorder





DEPRESSION

Feeling sad, hopeless, or irritable a lot of the time

Not wanting to do, or enjoy doing, fun things

Changes in eating patterns, sleep patterns & energy

Having a hard time paying attention

Feeling worthless, useless or guilty

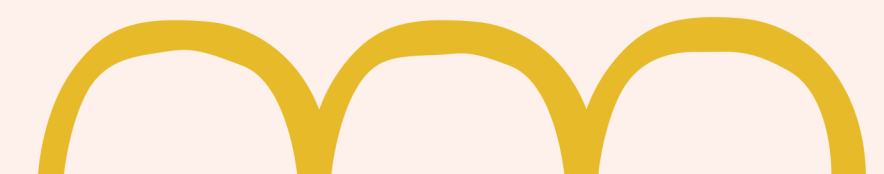
Self-injury and self-destructive behavior



How Stress Impacts Child Development

Childhood stress can occur anytime a child is required to adapt to something new.

Three types of Stress Response → *Positive Stress Response*
Tolerable Stress Response
Toxic Stress Response



Positive Stress Response



This is part of healthy childhood development

It's characterized by a brief, mild increase in heart rate and hormone levels (cortisol and adrenaline)





Tolerable Stress Response

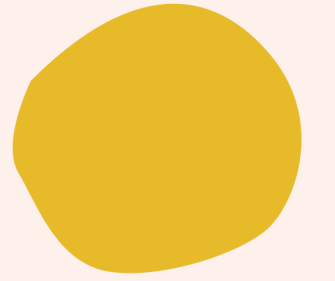


This is a more severe stress reaction that occurs in response to more significant, longer-lasting problems

If the body's alert system is only activated for a short time, then the brain and body can recover from what might otherwise be toxic effects



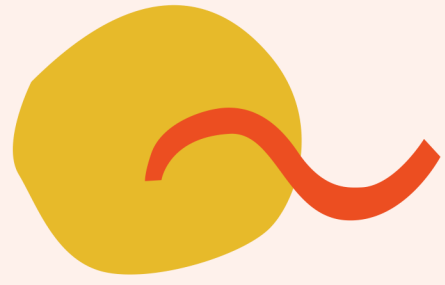
Toxic Stress Response



This can occur after severe and prolonged adversity without the support of a loved one

Prolonged stress exposure disrupts a child's brain development and increases the risk for stress-related disease and long-term cognitive impairment, even well into the adult years





What is Self-Regulation?



Self-regulation is the ability to manage your reactions to feelings and stimuli

It looks like:

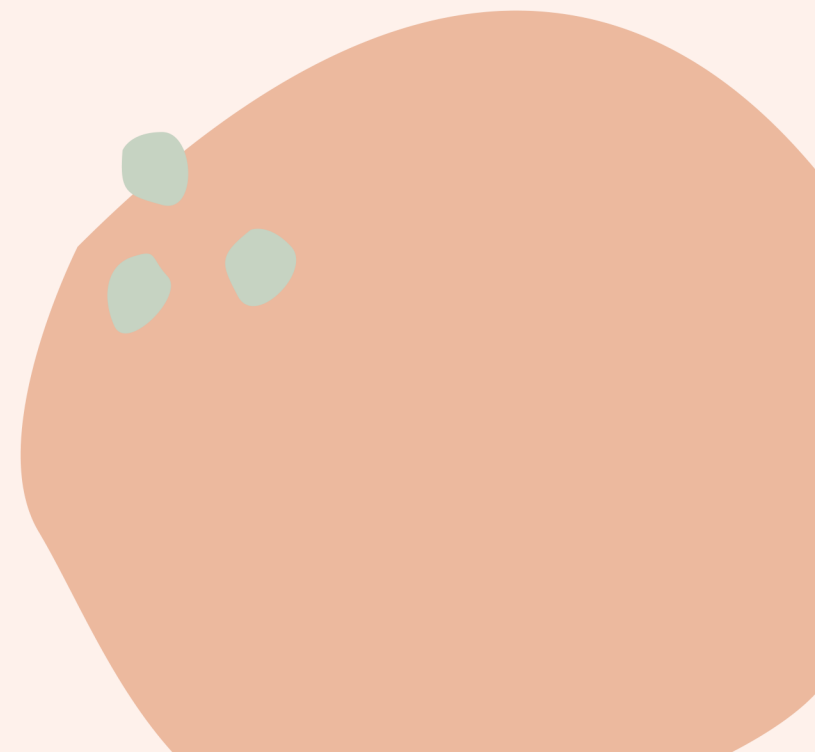
Being able to handle intense emotions like frustration, disappointment or embarrassment

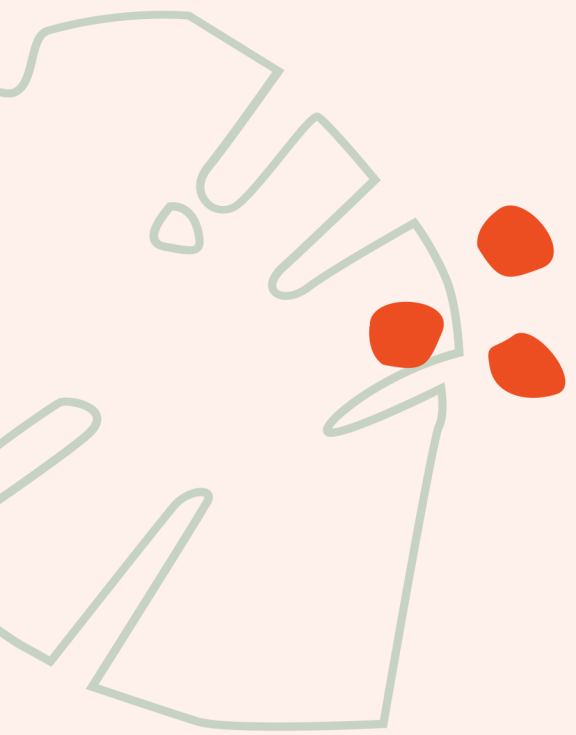
Being able to calm down after something exciting has happened

Refocusing attention after finishing one task and starting another

Controlling impulses

Behaving appropriately and getting along with other people

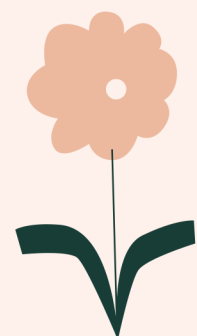




How Can We Teach Self-Regulation?



Breathing
Techniques



Body
Movement



EFT
(Body Tapping)



Affirmations &
Good Touch





Breathing Techniques

Deep breathing can help:

improve mood

release tension and stress

reduce anxiety

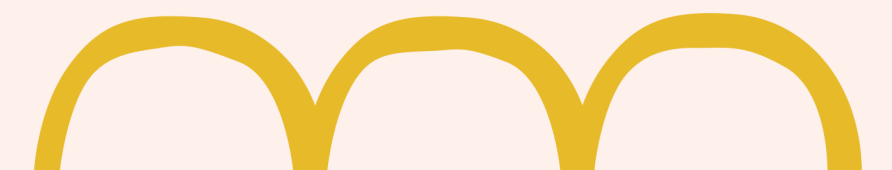
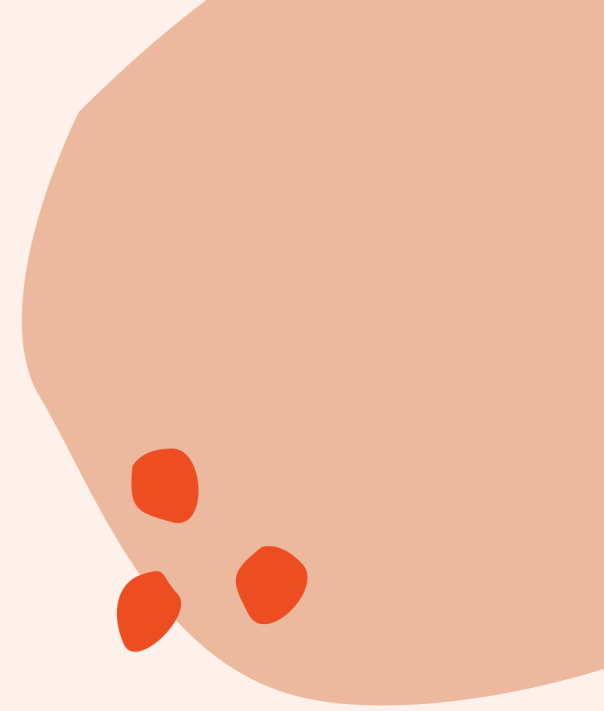
increase focus

regulate sleep patterns

slow heart rate

lower cortisol levels

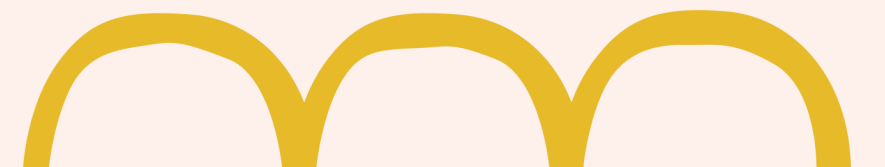
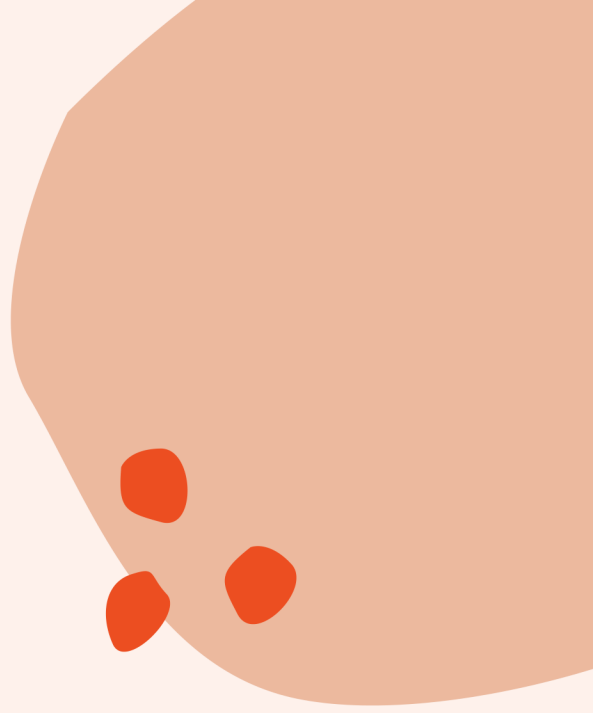
expand and strengthen lungs





1-2-3 Clap!

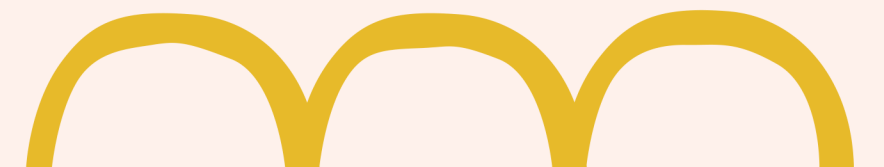
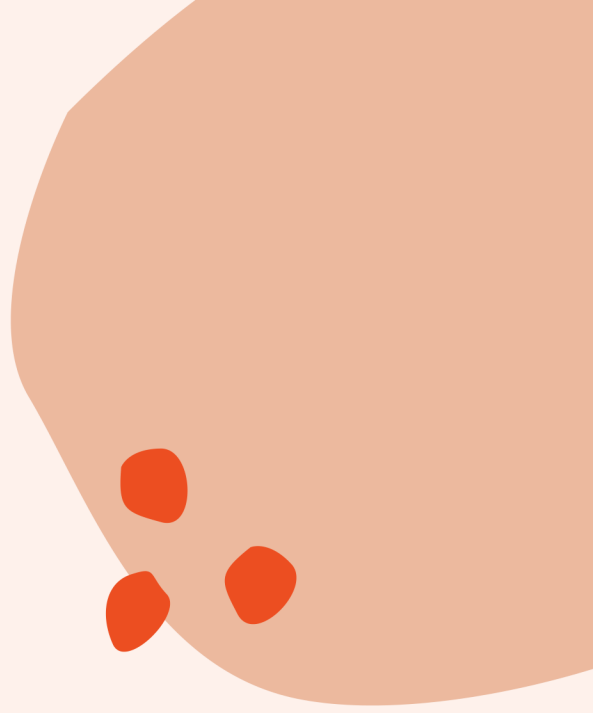
Breathe Like A Bear pg. 52





Get Your Grumpies Out!

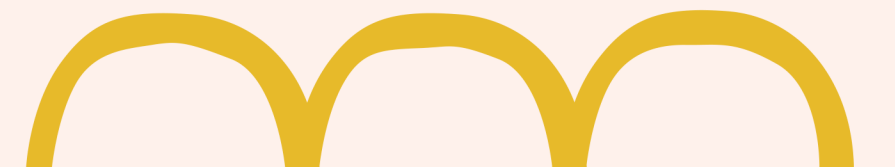
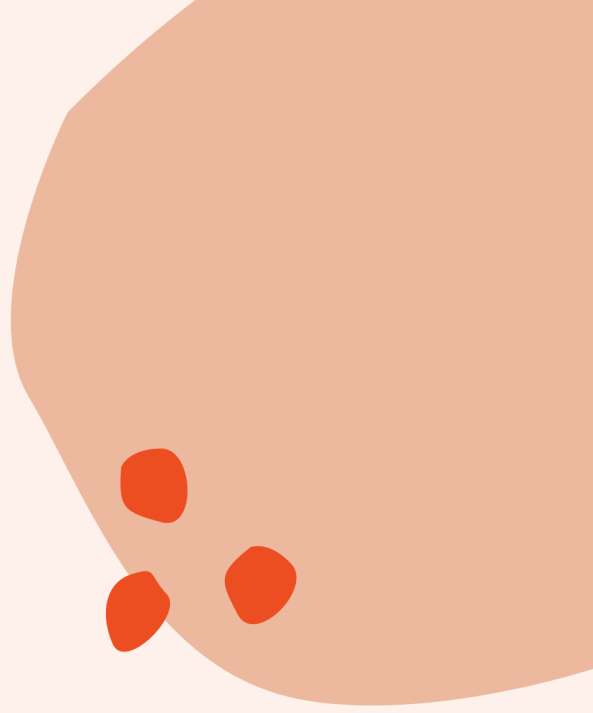
Breathe Like A Bear pg. 68-69





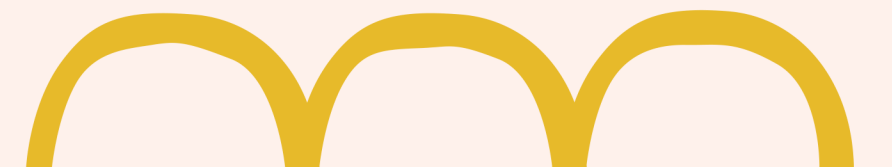
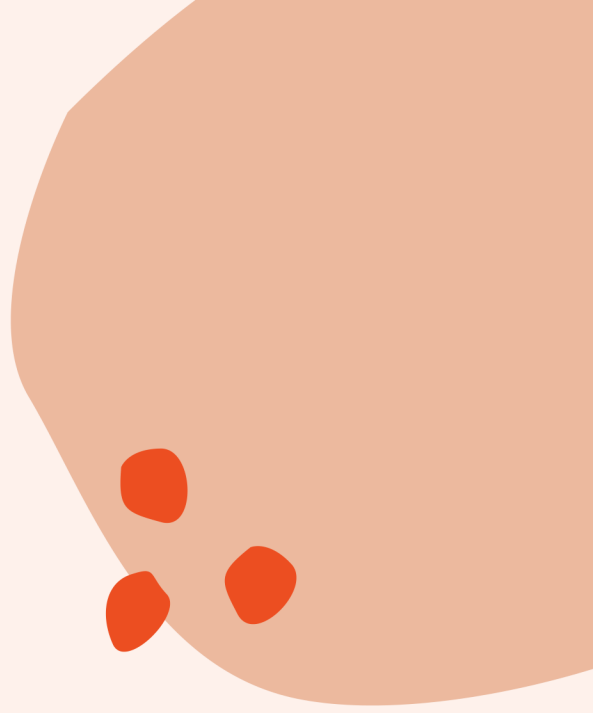
Candle Breath

Breathe Like A Bear pg. 5



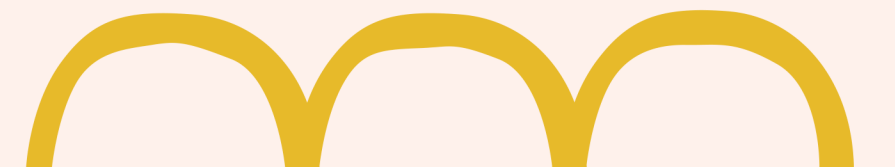
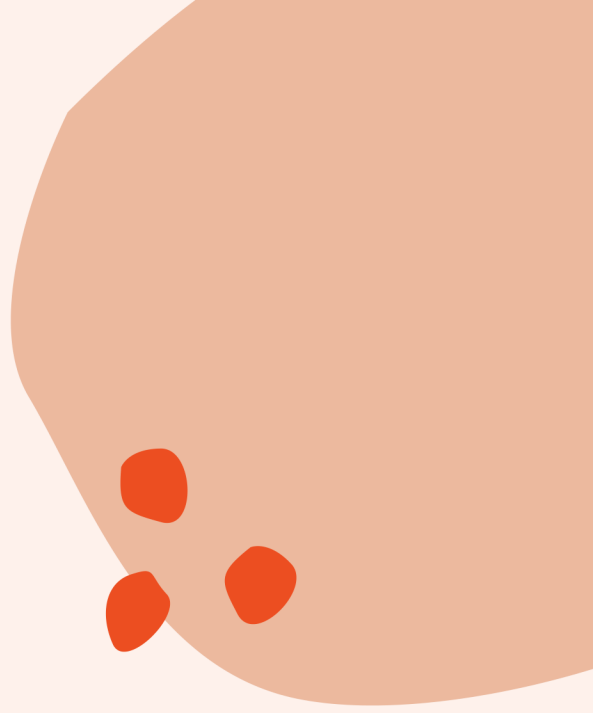


Hoberman Sphere/ Breathing Ball





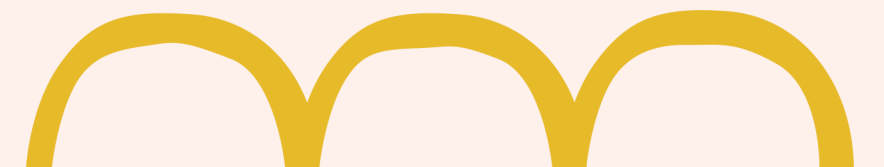
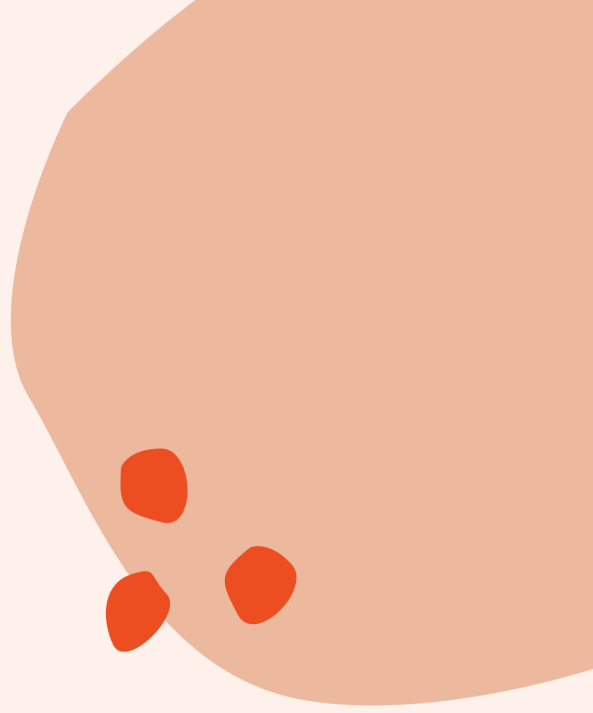
Belly Breaths

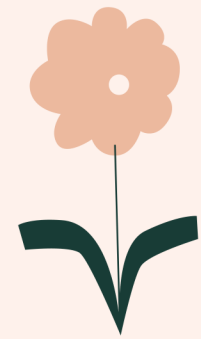
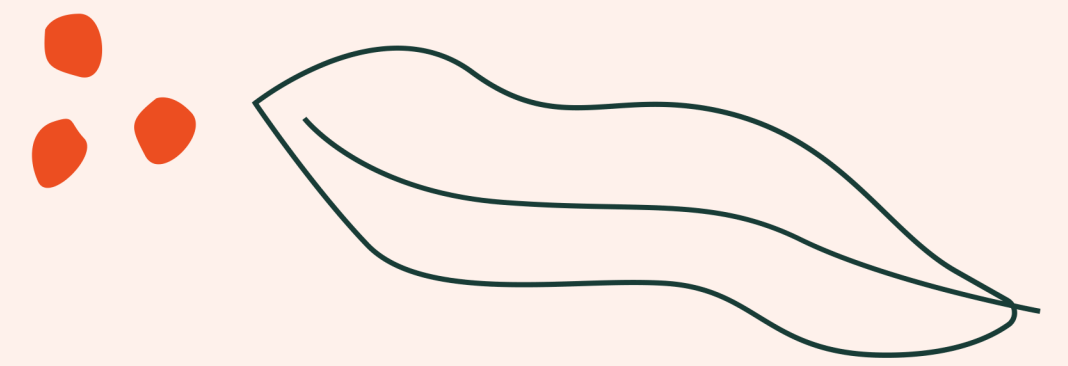




Alphabreaths

The ABCs of Mindful Breathing
by Christopher Willard & Daniel Rechtschaffen





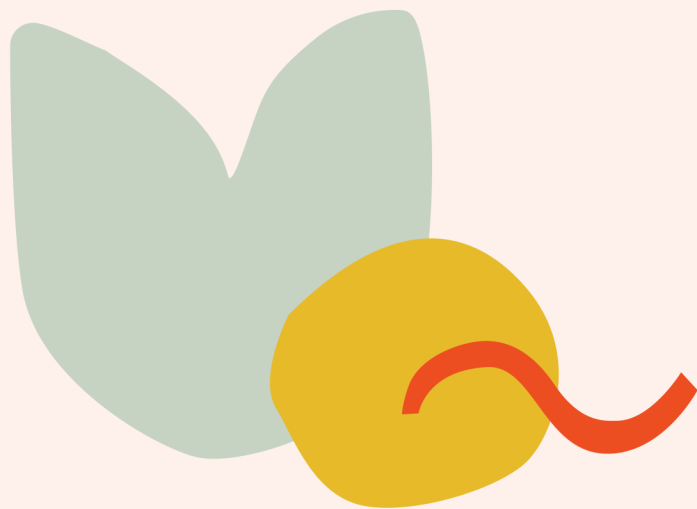
Body Movement

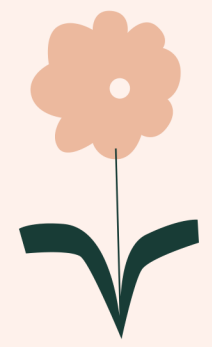
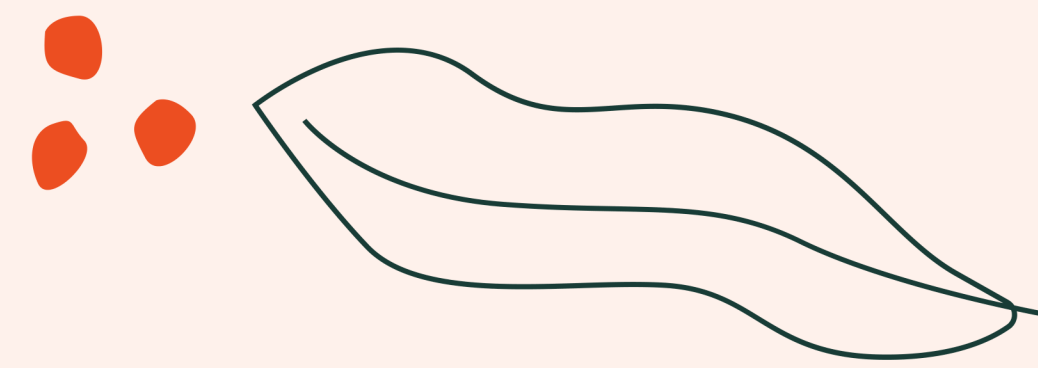
Single-pointed focus

Activates different parts of the brain

Releases endorphines

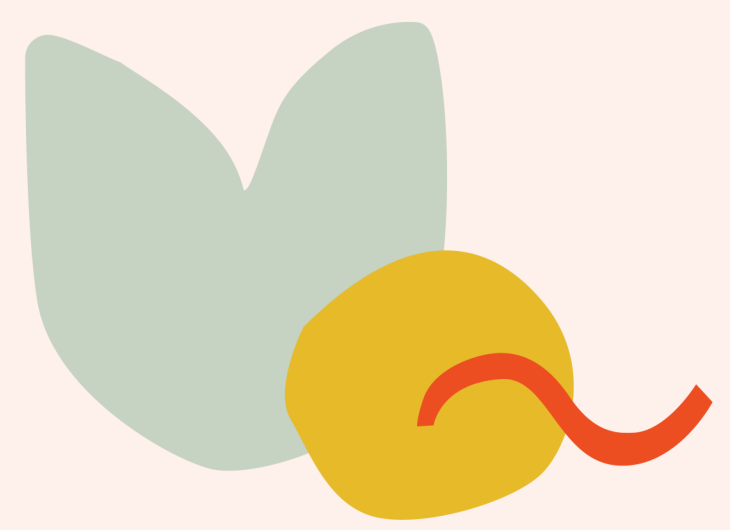
Provides an outlet for self-expression

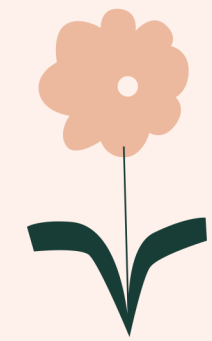
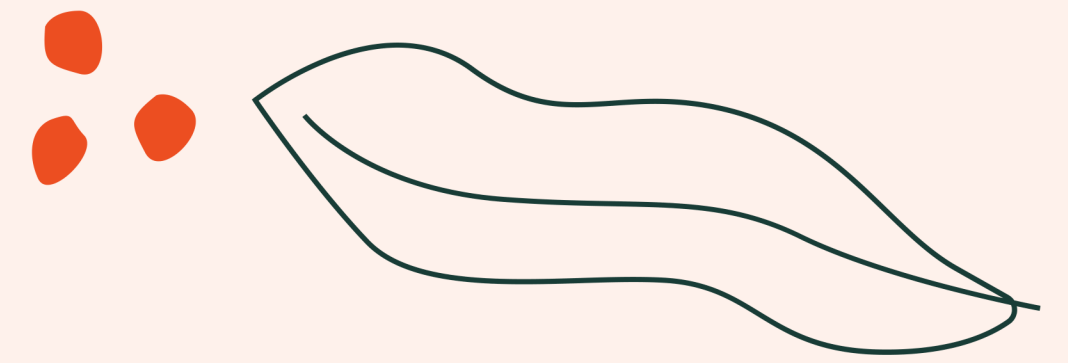




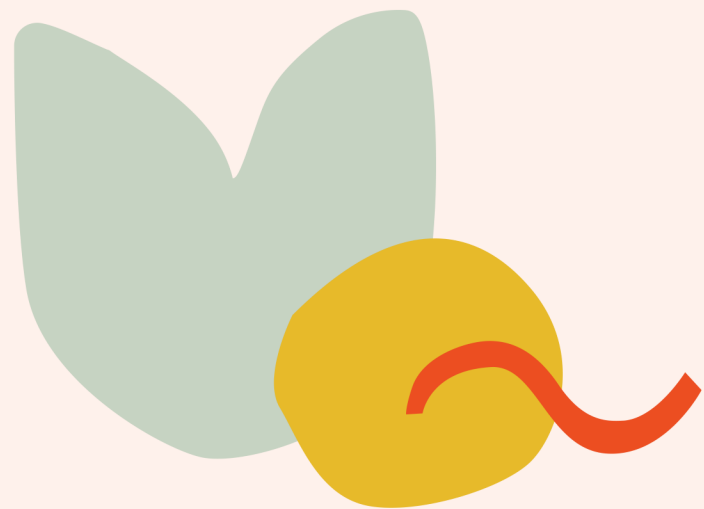
Wake Up Your Face

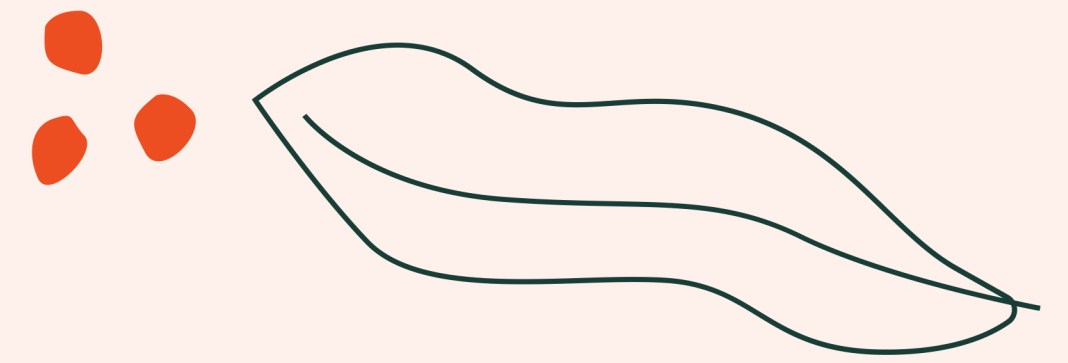
Breathe Like A Bear pg. 56



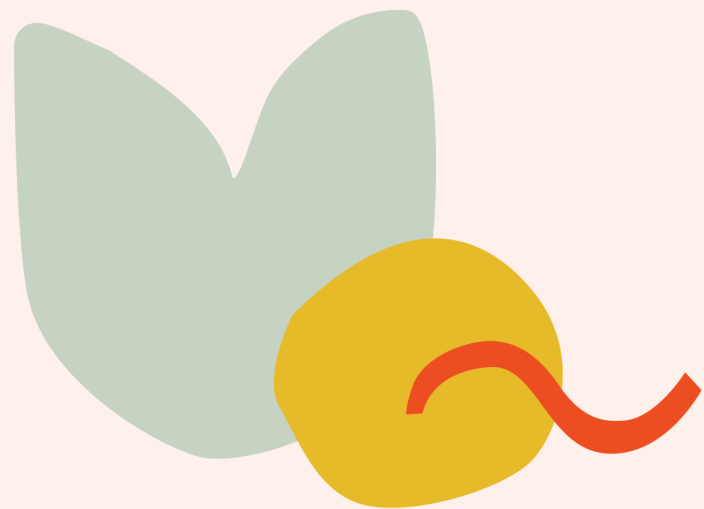


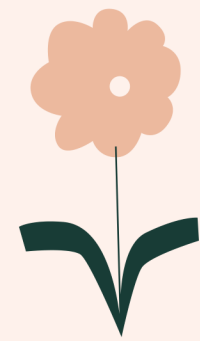
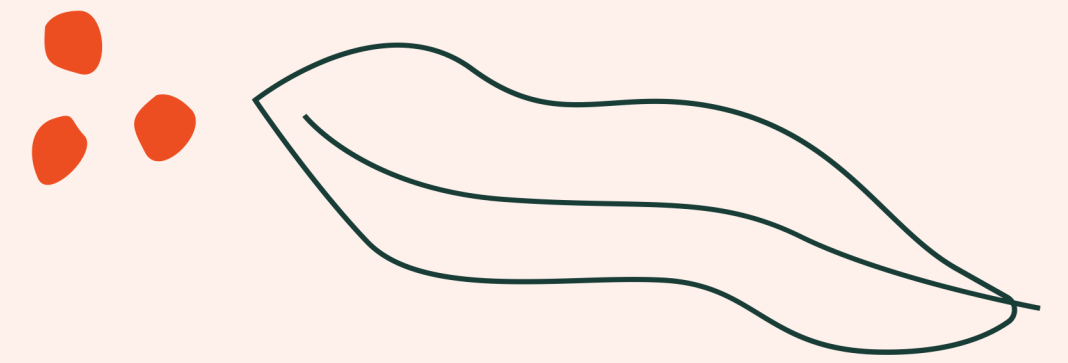
Gentle Neck Stretches





Make a Rainbow
(Imaginative Play)



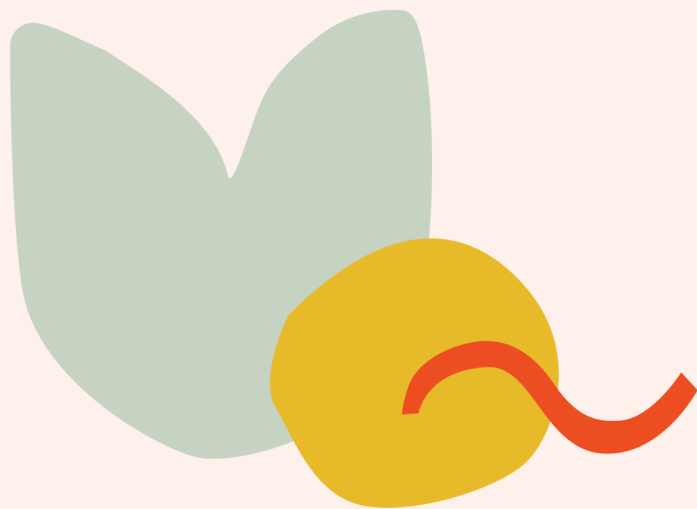


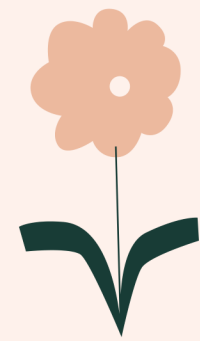
Movement Rhymes

I'm Toast in the Toaster

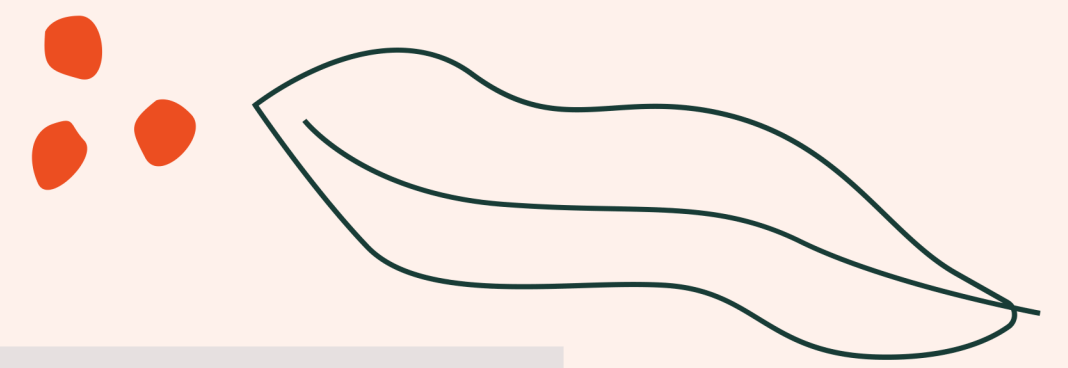
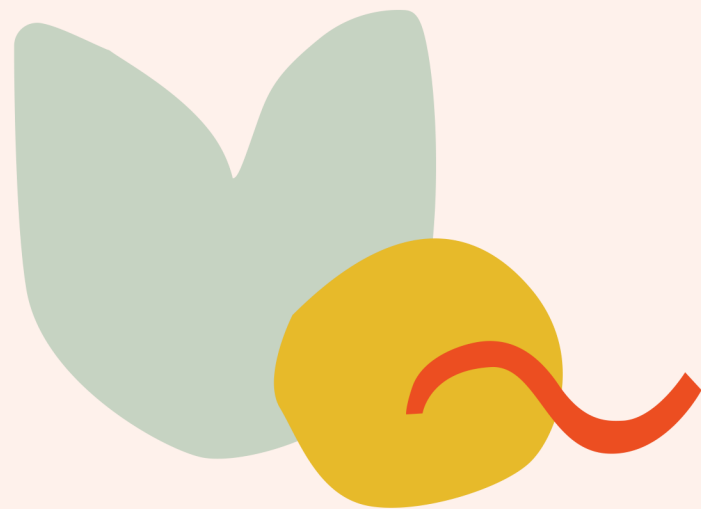
Little Raindrops Falling Down

A Wiggle, Wiggle Here, A Wiggle, Wiggle There





Yoga



BUMBLEBEE BREATH



10-30 SECONDS

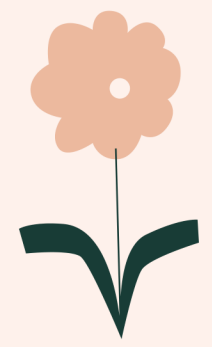
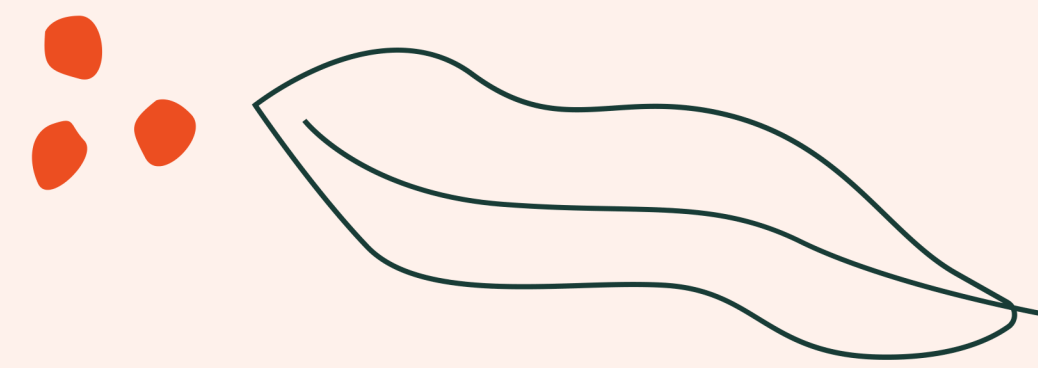
BUMBLEBEE BREATH



BENEFITS: meditation; relaxes the entire body

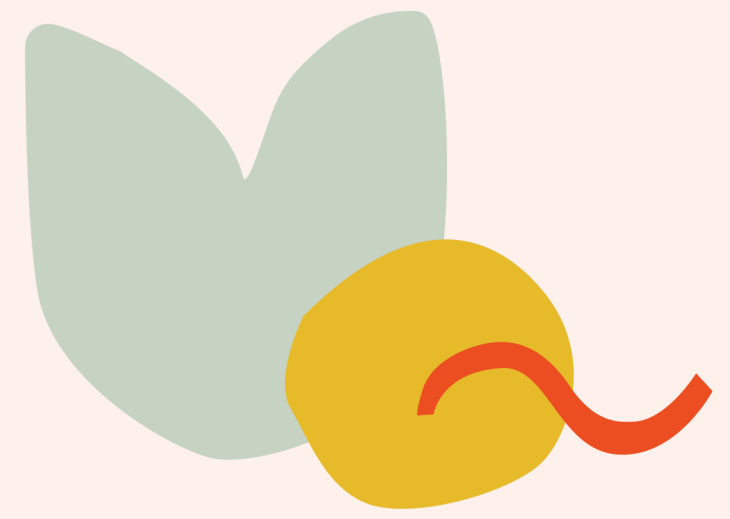
- Sit comfortably
- Take a deep breath
- Close your eyes, place index fingers just above your eyebrows, and rest your remaining fingers over your eyes
- Making the sound of OM, hold for up to 30 seconds
- Repeat if desired

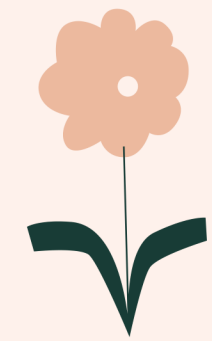
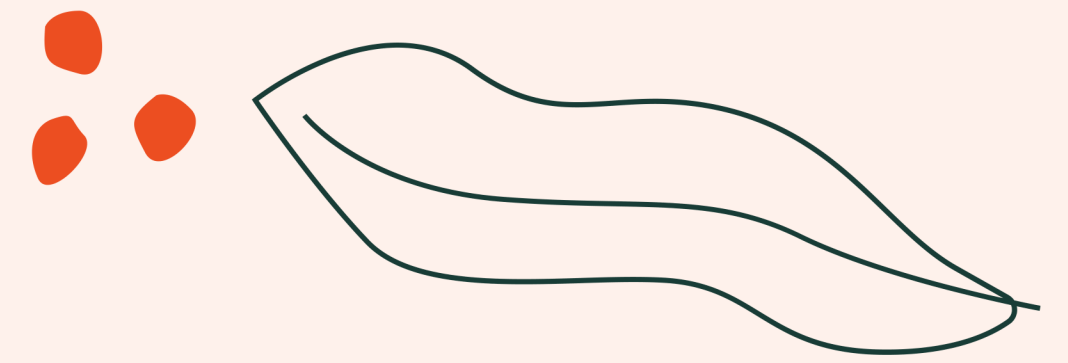




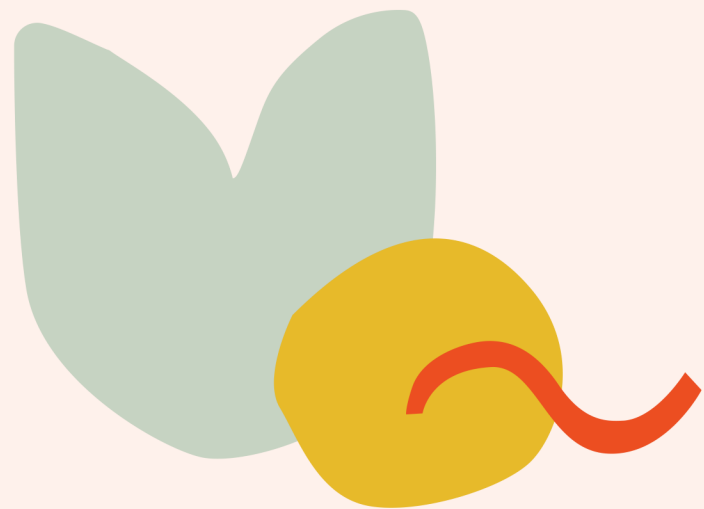
Rainstorm

Breathe Like A Bear pg. 20





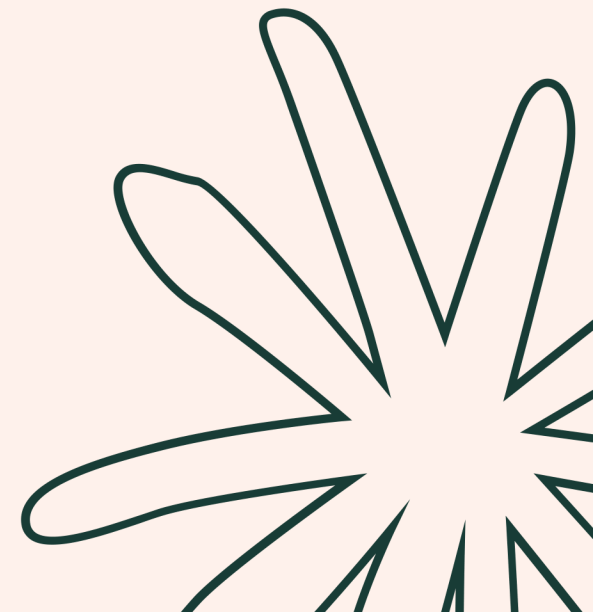
Cross-lateral Movement





Emotional Freedom Technique (Body Tapping)

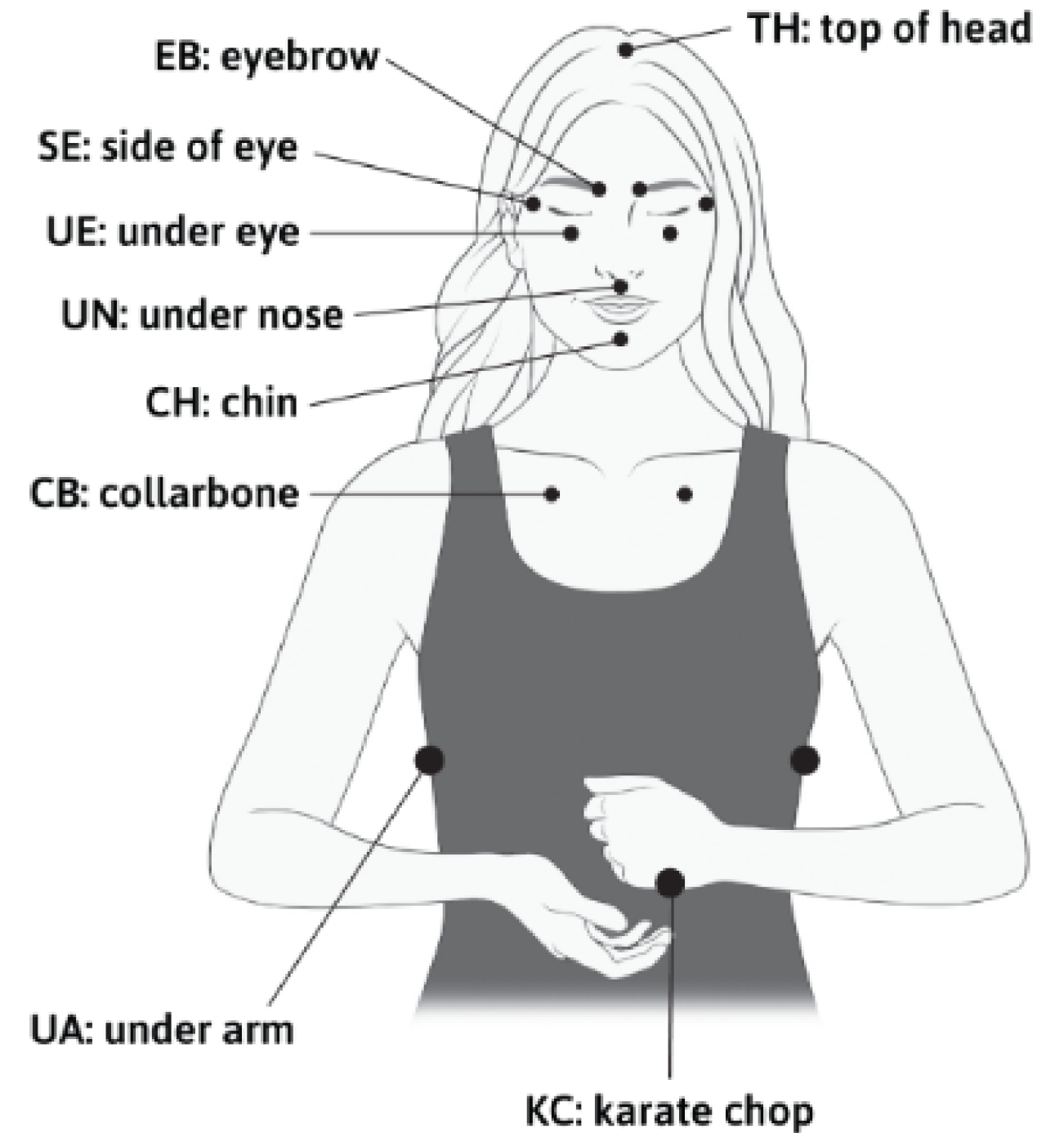
A combination of acupuncture and psychology;
tapping particular points on the body to send calming
signals to the brain





EFT (Body Tapping)

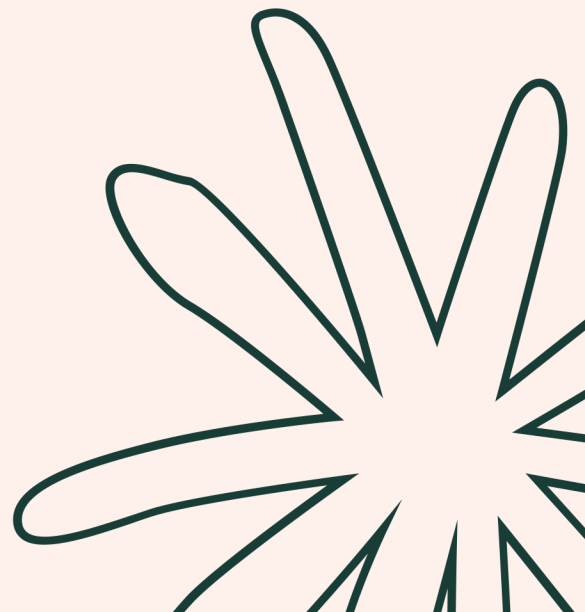
Tapping Points

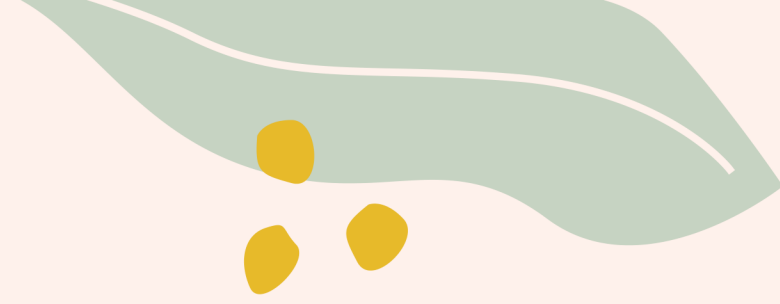




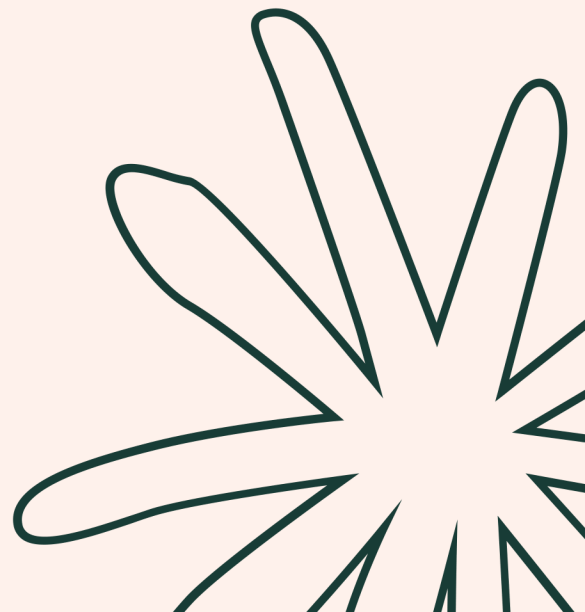
I Hear the Water

by Eric Litwin



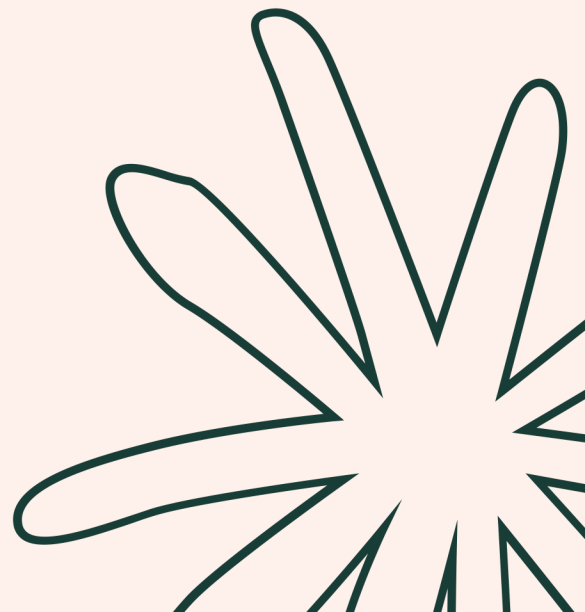


Butterfly Tapping





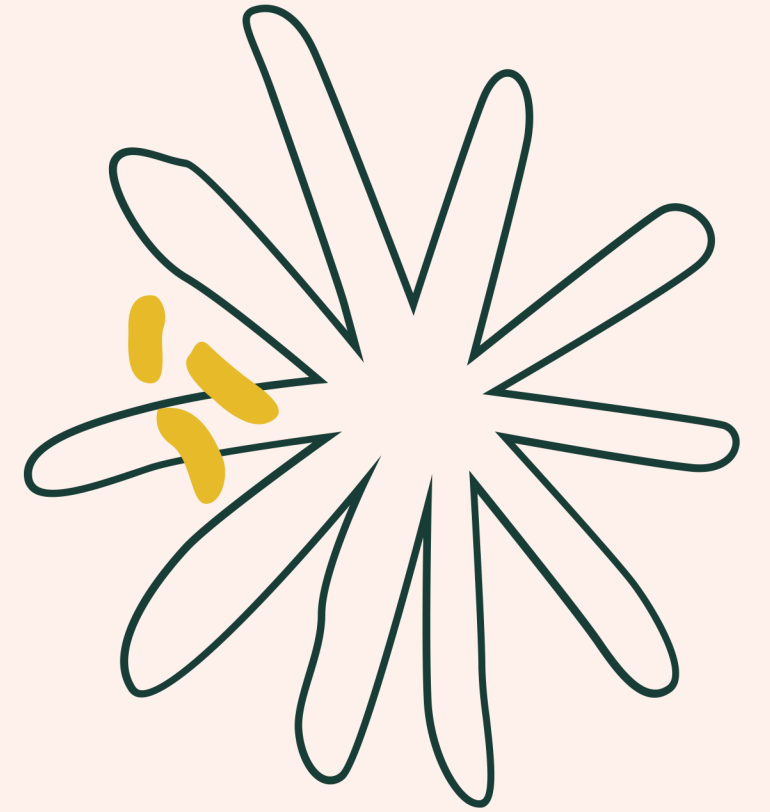
Hugging Tapping

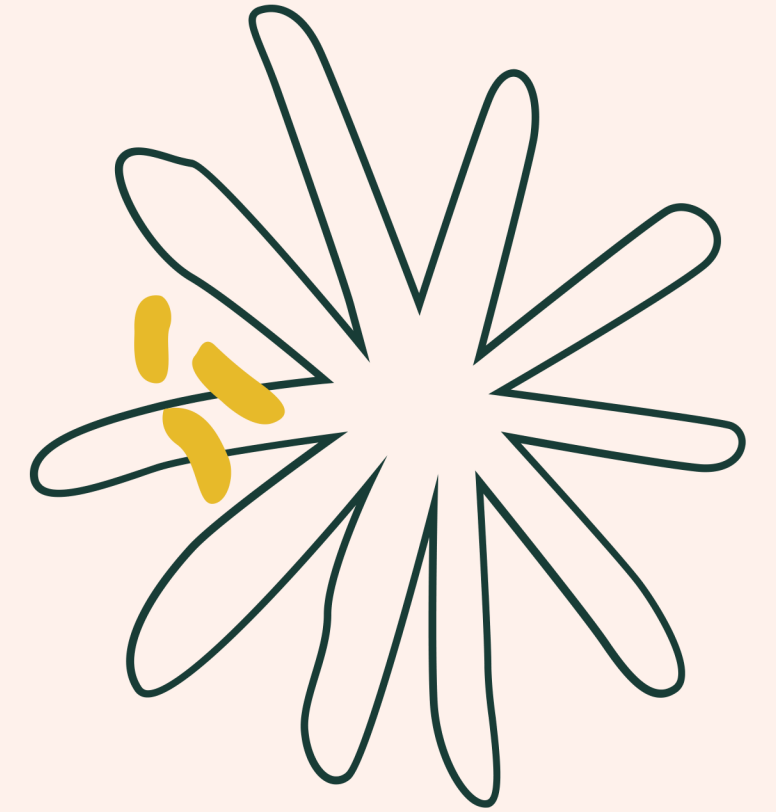




Affirmations & Good Touch

Builds self-esteem, confidence, feelings
of safety & love

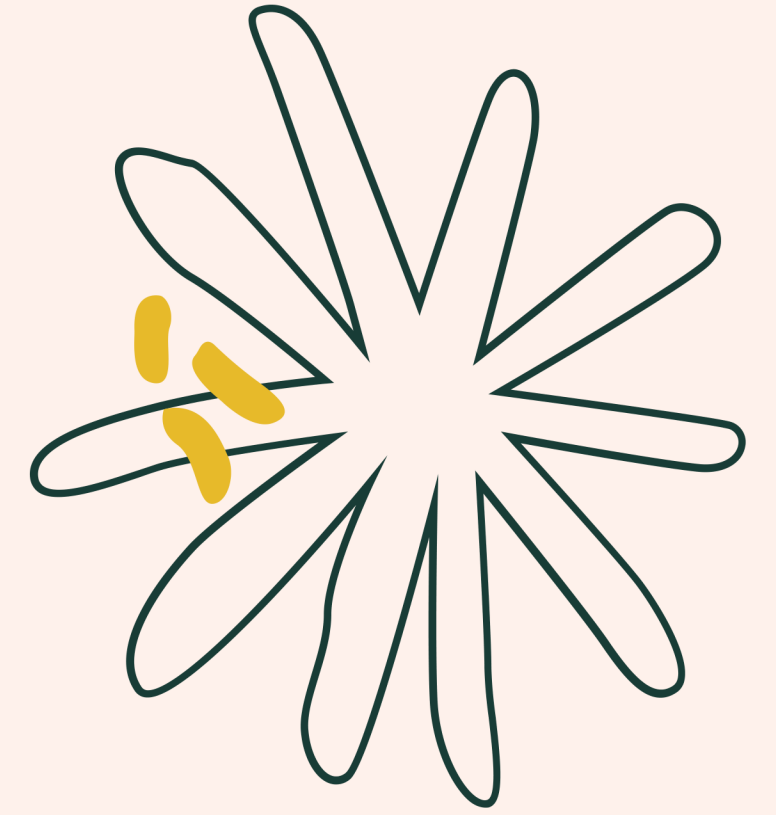




Confirmation Chant

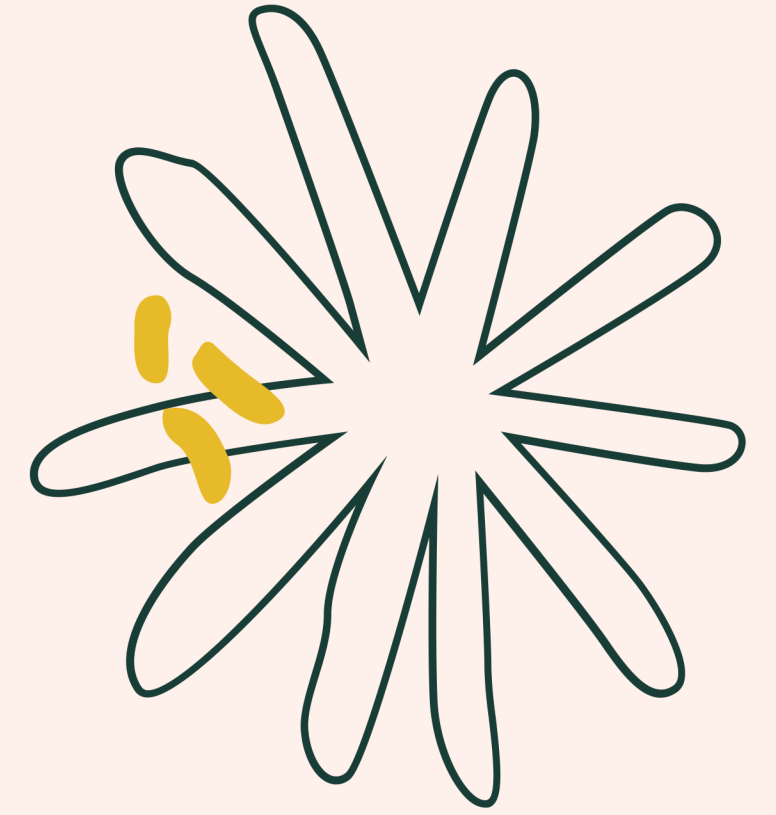
I am great, I am smart, I am strong, I am loved, today is
an awesome day.





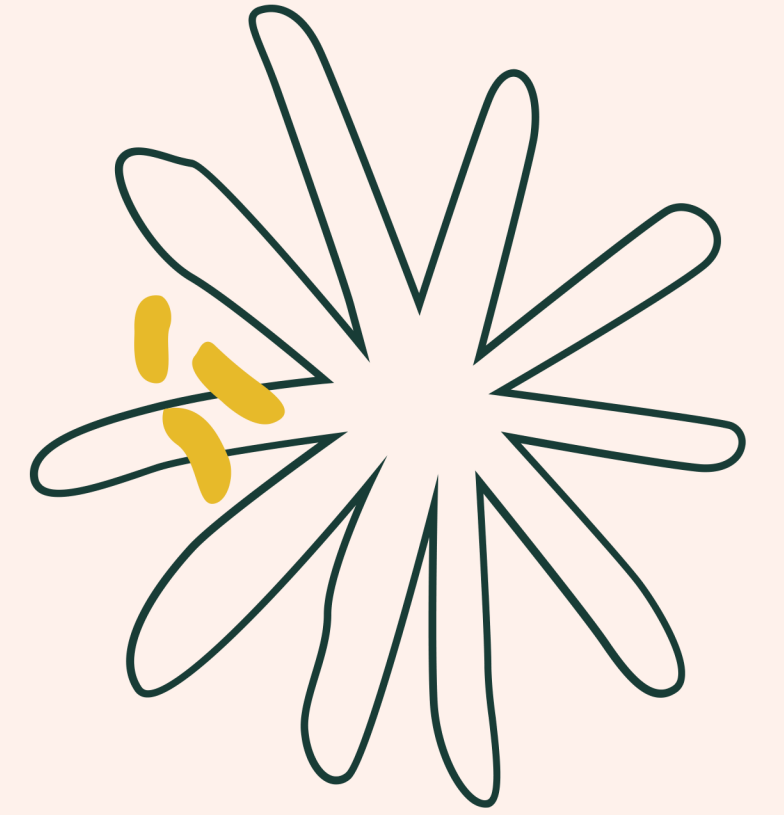
 Namaste (My Little Light)





 Lapsit/Cuddle Songs





 A Big Sea Star



Activities/Crafts

DRAWING CALMING CIRCLES

Draw a circle on a piece of paper that fills most of the page.

Keeping your pencil or crayon on the page at all times, begin to draw a circular pattern.

After a few minutes, you can change the pattern (direction or shape) and pen color.

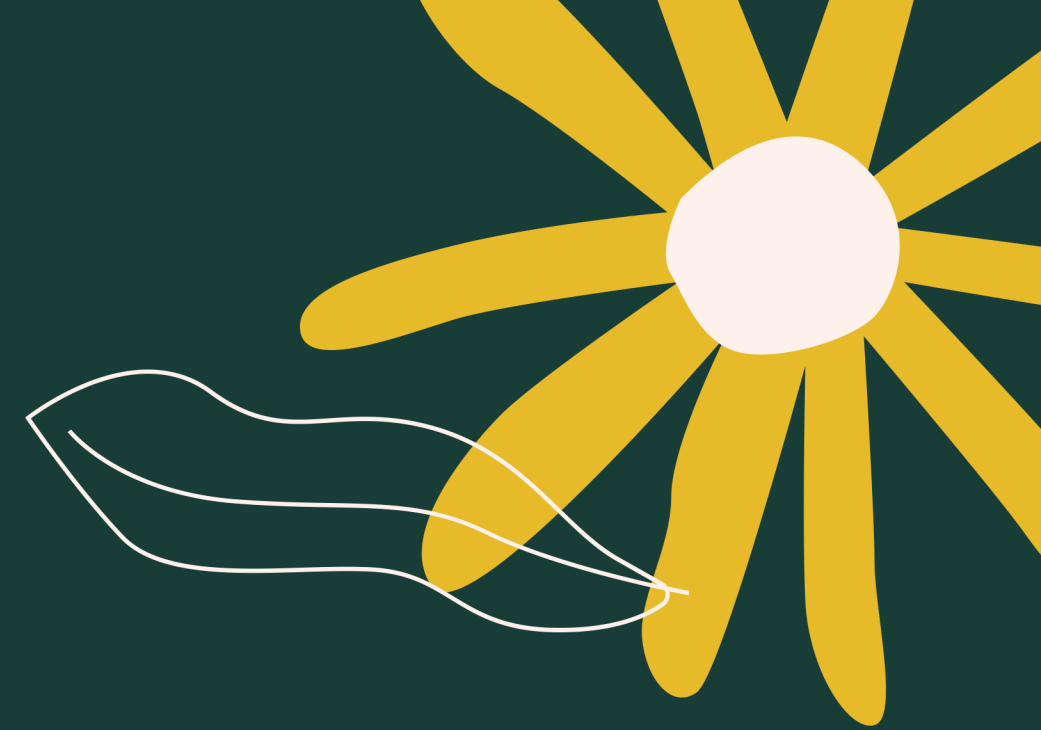
PINWHEELS

BUBBLE BLOWING

FEATHER FLOAT

CALMING JARS

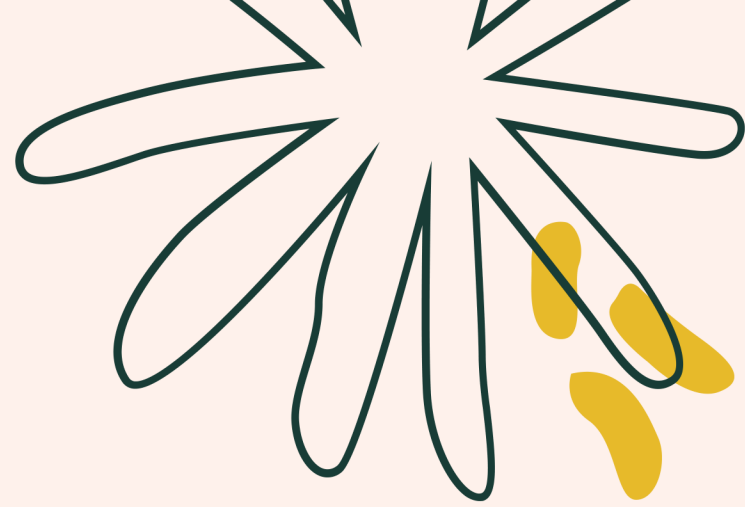




Questions?

Bzuehlke@kdl.org





Resources

Videos

Yoga for Kids | Breathe with Me | PBS LearningMedia

Websites/Articles

Data and Statistics on Children's Mental Health | CDC

Self-Regulation: Definition and Skills to Practice
([verywellhealth.com](https://www.verywellhealth.com))

7 Best Relaxation Exercises: Meditation, Grounding,
and More ([psychcentral.com](https://www.psychcentral.com))

How to Practice Deep Breathing ([psychcentral.com](https://www.psychcentral.com))

Effects of Stress On Child Development | Psych Central

Four Ways Hugs Are Good for Your Health
([berkeley.edu](https://www.berkeley.edu))

Mental Health Is... Moving Your Body | Health &
Wellness Services | University of Colorado Boulder

Books/Cards

Alphabreaths: The ABCs of Mindful Breathing by Christopher Willard & Daniel Rechtschaffen

My Magic Breath: Finding Calm Through Mindful Breathing by Nick Ortner & Alison Taylor

Breathe With Me: Using Breath to Feel Strong, Calm and Happy by Mariam Gates

Breathe Like A Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey

Meditate With Me: A Step-by-step Mindfulness Journey by Mariam Gates

Big Breath: A Guided Meditation for Kids by William Meyer

Yoga for Littles Cards by Alison Oliver & Lana Katsaros

