

# The Emotional Regulation Support Strategies & Resources Checklist

Collated by Sarah McLeod

Sensory Check	<a href="https://files.schudio.com/stnicholas/files/STLS/SENSORY_CHECKLIST.pdf">https://files.schudio.com/stnicholas/files/STLS/SENSORY_CHECKLIST.pdf</a>		
ABC	<a href="https://www.kelsi.org.uk/_data/assets/word_doc/0006/67704/ABC-Chart-with-guidance.docx">https://www.kelsi.org.uk/_data/assets/word_doc/0006/67704/ABC-Chart-with-guidance.docx</a>		
Consider the 'Neuroscience'	<a href="https://www.youtube.com/watch?v=f-m2YcdMdFw">Dr Dan Siegal's Hand Model Brain https://www.youtube.com/watch?v=f-m2YcdMdFw</a>		
Consider Vygotsky's Zone of Proximal Development	<a href="https://www.nwea.org/blog/2012/the-zone-of-proximal-development-zpd-and-why-it-matters-for-early-childhood-">https://www.nwea.org/blog/2012/the-zone-of-proximal-development-zpd-and-why-it-matters-for-early-childhood-</a>		
Consistency – Plan	See format below		
All about self-regulation	<a href="https://www.nurseryworld.co.uk/features/article/eyfs-best-practice-all-about-self-regulation">https://www.nurseryworld.co.uk/features/article/eyfs-best-practice-all-about-self-regulation</a>		
Environment	Notes/Links/Resources	Language	Notes/Links/Resources
Visuals	<a href="https://www.twinkl.co.uk">https://www.twinkl.co.uk</a>	Positive & calm	
Mirrors			
Natural daylight/fairy lights		KISS – Keep it short & simple	
Reduce background noise		Praise and reward	Star of the Day/Jars
Reduce clutter		Directly Teach	Notes/Links/Resources
Accessible outdoor areas to release stressors	Proprioceptive input -Throwing Box <a href="https://sensory-processing.middletonautism.com/sensory-strategies/strategies-according-to-sense/proprioceptive/">https://sensory-processing.middletonautism.com/sensory-strategies/strategies-according-to-sense/proprioceptive/</a>	Emotions	<a href="https://www.amazon.co.uk/Colour-Monster-Anna-Llenas/dp/1783704233">https://www.amazon.co.uk/Colour-Monster-Anna-Llenas/dp/1783704233</a>
Safe/calm/relaxing space/Calm Box	<a href="https://www.thirdspace.scot/wp-content/uploads/2020/08/NAIT-Safe-Space-Guidance-for-Schools-2020.pdf">https://www.thirdspace.scot/wp-content/uploads/2020/08/NAIT-Safe-Space-Guidance-for-Schools-2020.pdf</a>	Play sequences	
Planning	Notes/Links/Resources	Social skills	
Smaller groups		Kindness	
Plan transitions		Turn-taking/ Games	
Routine & predictability		Model the learning	
Sensory experiences/diet	<a href="https://sensory-processing.middletonautism.com/sensory-strategies/strategies-according-to-sense/">https://sensory-processing.middletonautism.com/sensory-strategies/strategies-according-to-sense/</a>	Backward chaining strategies	
Fun – laughter	<a href="https://www.youtube.com/watch?v=FlxYCDbRGJc">https://www.youtube.com/watch?v=FlxYCDbRGJc</a>	Practitioners	Notes/Links/Resources
Resources	Notes/Links/Resources	Motivate	
Visuals of expectations -	<a href="https://www.twinkl.co.uk/resource/t-m-286-good-sitting-cards">https://www.twinkl.co.uk/resource/t-m-286-good-sitting-cards</a>	Co-regulate	<a href="https://www.thriveapproach.com">https://www.thriveapproach.com</a>
Sign, say, symbol	<a href="https://makaton.org/">https://makaton.org/</a>	Attune	I see you feel .... Give the feelings a name...
Timers	<a href="https://www.sensorydirect.com/catalogsearch/result/?q=timers">https://www.sensorydirect.com/catalogsearch/result/?q=timers</a>	Be prepared for 500 repetitions	
Countdowns: 5-4-3-2-1 ...			
Cushions, blanket & comfort			

Green - Proactive (calm and relaxed)	Amber - Active (start to feel anxious/distressed/agitated)	Red - Reactive (incident/panic/stressful situation)	Blue - Post Reactive Recovery (calming / relaxing)
Outward Signs	Outward Signs	Outward Signs	Outward Signs
SUPPORT STRATEGY	SUPPORT STRATEGY	SUPPORT STRATEGY	SUPPORT STRATEGY
STAFF RESPONSE	STAFF RESPONSE	STAFF RESPONSE	STAFF RESPONSE

## Resources

- Getting it right in the Early Years Foundation Stage: A Review of the Evidence

<https://www.early-education.org.uk/getting-it-right-early-years-foundation-stage-review-evidence>

- Development Matters

<https://www.gov.uk/government/publications/development-matters--2>

- Working with the Revised Early Years Foundation Stage Principles into Practice

<https://www.amazon.co.uk/Working-revised-Early-Years-Foundation/dp/B08M8GVVWX>

- *Thrive*

[https://www.thriveapproach.com/thrive-training/?gclid=EAlaIQobChMli-3JtNCd9AIVZoFQBh0NUAD\\_EAAYASAAEgLtXPD\\_BwE](https://www.thriveapproach.com/thrive-training/?gclid=EAlaIQobChMli-3JtNCd9AIVZoFQBh0NUAD_EAAYASAAEgLtXPD_BwE)

<https://www.facebook.com/ThriveApproach/>

- Resources from Twinkl

<https://www.twinkl.co.uk/resources/topics/ourselves-all-about-me/my-emotions>

- Zones of Regulation

<https://www.zonesofregulation.com/index.html>

- Five to Thrive

<https://www.flyingstartluton.com/wp-content/uploads/2018/06/Five-to-Thrive-Leaflet-new-branding.pdf>

- Super Simple songs

<https://www.youtube.com/watch?v=CMcyPwtLD9g>

- Nursery World Self-regulation

<https://www.nurseryworld.co.uk/features/article/eyfs-best-practice-all-about-self-regulation>

- Dr Dan Siegal's Hand Model Brain

<https://www.youtube.com/watch?v=f-m2YcdMdFw>

