



EMOTIONAL REGULATION: The Key to Being Your Best Self

PRESENTED BY
FRANK PICONE LCSW
Chief Training Officer
The Institute™



THE BEST INTENTIONS

1. WHY DO YOU WANT TO BE A GOOD PARENT?

2. WHAT ARE THE MOST IMPORTANT QUALITIES IN A PARENT?

3. WHAT ARE THE VALUES YOU MOST WANT TO IMPART ON YOUR CHILDREN?

4. WHAT ARE THE SKILLS YOU MOST WANT TO TEACH YOUR CHILDREN?





THE ZONES OF REGULATION®

Book by Leah M. Kuypers

Blue Zone

Sad, tired, sick, bored, lethargic, foggy

Green Zone

Happy, calm, feeling okay, focused, ready to learn

Yellow Zone

Frustrated, worried, silly/wiggly; excited, loss of some control

Red Zone

Mad/angry, terrified, yelling/hitting, out of control



ATTUNED
PERSONAL
RESET STRATEGY PLANS (RSPs)

Triggers

For this activity, write one or two types of events or behaviors that trigger you to become escalated or agitated.

Trigger #1: _____

Trigger #2: _____

Warning Signs

Write down one or more warning signs that occur in your body—or a behavior—that signal an escalated or agitated state:

1) _____

2) _____

3) _____

Strategies

List one or more helpful strategies to calm and de-escalate yourself:

1) _____

2) _____

3) _____



RESET STRATEGY PLAN (RSP)

FOR YOUTH

Things that upset me!

- 1.
- 2.
- 3.

How people can tell I'm upset:

- 1.
- 2.
- 3.

When I'm having a hard time controlling my emotions...

Please don't do this:

- 1.
- 2.
- 3.

Please do these things that help me calm down when I'm upset:

- 1.
- 2.
- 3.

Things that help me when I'm upset:

- 1.
- 2.
- 3.



RESET STRATEGY PLAN (RSP)

FOR YOUTH

(COMPLETED)

Things that upset me!

1. Changing plans at the last minute
2. Exaggerating or making things up
3. Accusations
4. Overhearing staff talking about me and my family.

How people can tell I'm upset:

1. Mean face
2. Yelling, stomping, and swearing
3. Breaking rules

When I'm having a hard time controlling my emotions...

Please don't do this:

1. Talk about it as soon as it happens.
2. Talking about something over and over
3. Giving me negatives
4. Taking away privileges

Please do this:

1. Give me some space and time alone.
2. Distract me with something I like to do like watching a video or get a drink.
3. Take a walk.

Things that help me to calm down when I'm upset:

1. Put my headphones on and listen to music.
2. Go on the rocking chair.
3. Weighted blankets



RECOMMENDED READING

“The Self-Driven Child” by Ned Johnson & William Stixrud

“Good Inside: A guide to Becoming the Parent You Want to Be” by Dr Becky Kennedy

“Transforming the Difficult Child Workbook: An Interactive Guide to The Nurtured Heart Approach,” by Howard Glasser, Joanne Bowdidge and Lisa Bravo.

“What Happened to You” By Bruce D Perry, MD, PHD and Oprah Winfrey

“Emotional Intelligence,” by Daniel Coleman,

“Mindset The New Psychology of Success,” by Carol S Dweck PhD.

“The Zones of Regulation© A curriculum Designed to Foster Self-Regulation and Emotional Control,” by Leah M Kuypers, MA Ed. OTR/L.

“The Explosive Child” & Lost at School” by Ross W. Greene.





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**The Institute is elevating and optimizing SEL with
proven methodologies for creating attuned
cultures and resilient communities.**

For more information on The Institute's professional
trainings & consulting, please contact:

Frank Picone at The Institute™ at

fpicone@cgeinstitute.org



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