

GUIDING THE **DEVELOPMENT** OF EMOTIONAL REGULATION SKILLS



Registered NDIS Provider

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ENROL NOW!

Some students have trouble controlling their emotions and behaviours. Without emotional regulation skills, they can act out in challenging ways in difficult situations.

*Guiding the Development
of Emotional Regulation
Skills*

This course will equip you and your student with a toolkit of practical strategies to help them learn emotional regulation skills that they can apply to help them through times of stress.

TELL ME HOW



Self-paced

Completed at your
own pace



5 Hours

To complete



Resources

Specially designed,
yours to keep



Behaviour Help



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Guiding the Development of Emotional Regulation Skills

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Disclaimer

The information contained in this booklet and course is general in nature and does not take into account your personal situation. You should consider whether the information is appropriate for your student's needs.

If you have any concerns about a student, please raise them with the student's caregiver/s. The caregiver can then raise these concerns with their local doctor who can provide a referral to the relevant professional (e.g. paediatrician, psychologist or psychiatrist) for diagnosis and treatment if appropriate.

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EMOTIONAL REGULATION DEFINED

Emotional regulation skills are a series of controls or strategies that allow us to recognise, manage and change the emotions we experience and express during a particular situation.

Compas et al., 2014; vEisenberg, Sadovsky & Spinrad, 2005

We all experience difficult and stressful situations throughout our lives. The time that elapses between the emotions that arise in these situations and our behavioural response is a determining factor in what the response will be. When someone upsets us by taking something of ours without asking or by saying something rude, emotional regulation skills help us manage stress, frustration and anger so that we can respond appropriately.

While most students develop emotional regulation skills as they grow up, some students consistently have difficulty controlling their emotions and behaviours. As a result, they act out in challenging ways.



EMOTIONAL DYSREGULATION DEFINED

Emotional dysregulation is when a student has challenges with one or both of the following:

- Not knowing the strategies to manage and change the intense or overwhelming emotions they experience
- Knowing the strategies but having difficulty with choosing the appropriate strategy to use and how to implement it

Consequences of Emotional Dysregulation

Students struggling with emotional regulation may exhibit behavioural symptoms internally and externally. This can make accomplishing any task difficult for them and interfere with almost all aspects of their life (e.g. relationships, health, school and work).

Examples of externalised behaviours include:

- Aggressive Behaviours
- Disruptive, antisocial and dangerous behaviours
- Destructive behaviours
- Self-injurious behaviours
- Repetitive, ritualistic and self-stimulatory behaviours

Examples of internalised behaviours include:

- Withdrawal
- Isolating behaviours
- Avoidance
- Non-compliance
- Inattention
- lack of response



EMOTIONAL COACHING DEFINED

As educators, we can help students develop emotional regulation skills by providing them with emotional coaching. Emotional coaching is a term used to describe a process of providing explicit, systematic and direct instruction to help students develop awareness, expression, management and motivation skills.

Awareness

To build the student's capacity to recognise an emotion they experience and identify what made them experience that emotion.

Expression

To develop the student's ability to express an emotion in a socially acceptable manner.

Management

To expand the student's knowledge on the various tools they can use to manage their emotions in healthy ways.

Motivation

To motivate the student to use these tools to react to and manage their emotions effectively.

EMOTIONAL COACHING FRAMEWORK

The emotional coaching framework is made up of four sections:

Section 1: Emotional Profile

Assess your student's current emotional regulation skills and determine their level by completing an Emotional Profile.

Section 2: Get Ready

Discuss with your student the importance of emotions and emotional regulation.

Section 3: Get Set

Develop a student-centred program by assisting your student in developing a personal Rainbow of Emotions and CHARGE Toolbelt.

Section 3: Get Going

Instruct your student on how to use various strategies to deal with life's many challenges.

MORE RESOURCES!



The Behaviour Help booklet Taking CHARGE of My Rainbow of Emotions provides a framework for delivering emotional coaching to your students. Use this workbook to complete an emotional profile for your student, and help them Get Ready, Get Set and Get Going with a personal Rainbow of Emotions and CHARGE tool kit.

Supplement your coaching with Behaviour Help's Rainbow of Emotions app. Based on the Taking CHARGE workbook, this app helps children of all ages develop emotional regulation skills by helping them identify and express emotions in appropriate ways. The app then guides the child to use emotional management tools from the CHARGE tool kit to manage their emotions in healthy ways.

[GET THE BOOK](#)

[GET THE APP](#)

DON'T FORGET TO ENROL!

At the end of the course you will have:

- A toolkit of practical strategies to guide your student through the development of emotional regulation skills
- Actionable tools for your student to apply to challenging or stressful situations they encounter
- Access to resources that allow you to develop an Emotional Regulation Toolkit for any student with emotional regulation difficulties that you support



The course will introduce you to the topic of emotional regulation and why it's important.

It will then take you through a framework for guiding the development of these skills in students.

The course will provide you with resources to develop a personalised Rainbow of Emotions and CHARGE Toolbelt that your student can use to help them respond appropriately and effectively to challenging and stressful situations.

ENROL NOW