The Calming Kit: Information and Overview
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Welcoming All Children
The Calming Kit: Information and Overview

Presented by:

Kathy Wahl
Kathy_Wahl@sccoe.org
Inclusion Collaborative
Santa Clara County Office of Education
Outcomes

• Learn about services provided by the Inclusion Collaborative
• Understand the importance of recognizing feeling
• Become familiar with strategies to support social-emotional self regulation
• Learn how to use *The Calming Kit*
Mission:
The Inclusion Collaborative of SCCOE builds a culture that values all children by strengthening, sustaining, and ensuring inclusive practices.

Vision:
Our community embraces diversity and supports lifelong quality inclusion for everyone.
Inclusion Collaborative Services

**Coaching**

**Technical Assistance**
- Site Meetings
- Resource Materials

**Professional Development**
- Countywide (Make & Takes, Teaching Pyramid, etc.)
- Annual Inclusion Collaborative State Conference
- Available for districts & organizations for on-site training
Inclusion Support Warmline

(408) 453-6651
inclusionwarmline@sccoe.org

FREE support, information and referrals for including children of all ages with disabilities and other needs in your community

- Positive behavior support for parents and professionals
- Referrals to local resources, agencies, and services
- Developmental Screening for ages one month to 5½ years
- Answers to questions regarding inclusive practices
- Parent and educator resources (such as visual supports, social stories)
- Resources for transitions between programs (such as elementary to middle school)
- Technical assistance and support to increase inclusive services
- Referrals to inclusive community activities

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How do you feel?

• Check in about feelings
• Where are we at today?
• Do you need to add any other emotions?
What Were You Taught about Emotions?

- Think about what you learned about “identifying, understanding, and expressing emotions”
- Were you directly taught how to express emotions in a healthy way?
- Were there some emotions that you weren’t supposed to feel or weren’t allowed to express?
- Are you comfortable with emotions now?
All Emotions/Feelings Are Valid

- All feelings are valid – it is what you do with them that counts
- Feelings change
- You can have more than one feeling about something
- You can feel differently than someone else about the same thing
What if Adults Regulated Like Toddlers?
What do you do to Self Regulate?
What is Self Regulation?

• The ability to regulate one’s thinking, emotions, and behavior.

• Children translate experiences into information they can use to regulate:
  – Mom’s soothing voice, cuddles calm an infant.

• Children develop self-regulation from birth-5.

• Children can be taught self-regulation.
Why Regulate?

- Thinking and emotion affect each other.
  - If you can regulate your emotions, you can engage and learn.
- Young children who engage in intentional self-regulation learn more and go further in their education.
- Intentional self-regulation predicts school success.
Dr. Daniel Siegel’s Hand Model of the Brain
Hand Brain Anatomy

Prefrontal Cortex--
emotional regulation, orchestrates thoughts and actions with goals

Cerebral Cortex--
thinking and reasoning

Limbic System--
regulates emotions fight/flight
Self Regulation and Hand Brain Model

Self Regulation helps our Cerebral Cortex regain control of our Limbic System
Examples of Self-Regulation

In Toddler
--Thumb sucking
--Holding stuffed animal
--Rubbing fabric
--Hitting, head banging, etc.

In School Aged Kids
--Wiggling
--Chewing
--Getting up
--Humming
--Hitting, head banging, etc.

In Teens
--Listening to Music
--Electronics
--Fidgeting
--Humming
--Hitting, head banging, etc.
Why *The Calming Kit*?

Using The Calming Kit → for → Appropriate Self Regulation
What is *The Calming Kit*?

*The Calming Kit* is a group of tools that provide sensory strategies and emotional supports to assist children with regulating their bodies and emotions so they can be ready to learn.
When to use *The Calming Kit*? (When do we teach?)
# Items in The Calming Kit

## Items Included
- Bubbles
- Play dough
- Squeeze ball
- Glitter Bottle or Glitter Wand
- Take 5 Breaths Visual
- Calm Down Social Story
- Calm Down Activity Cards
- Feelings Wheel

## Items You Can Add
- Crayons
- Coloring sheets
- Books
- Water
- Snack
- Calming Picture
- Ear Phones—(*noise-canceling or with music*)
- Music / meditation on iPod/IPad
- Weighted Sock
- Other items as needed
Why These Items?
Why use Squeezing/Physical Activities?

• What happens to your body when you are upset or stressed?
  – Stimulates your limbic brain
  – Burst of energy for fight or flight

• How to get rid of the energy?
  – Squeeze ball
  – Play dough
  – Activity cards
Why use Glitter Bottle or Glitter Wand?

- Allows time for reflection
- Takes your mind off the problem
- Meditative without steps
Why Use a Feeling Wheel?

- Helps kids identify their feelings
- Helps engage thinking brain
Why Use Take 5 Breaths?

• Practice: breathe in to a count of 4, hold for count of 7, blow out for count of 8
  – How do you feel?

• Stimulates the parasympathetic response (oxygen consumption decreases, heart rate slows, blood pressure decreases, muscle tension decreases, calms the mind)

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Why Use a Calm Down Social Story?

- Supports by providing a process step by step
- Provides pictures
- Offers choices

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Calming Strategy Cards

- Gives visual options
- Choices offered

- listen to music
  escuchar música

- CALMING STRATEGY CARDS
  TARJETAS DE ESTRATEGIAS PARA TRANQUILIZAR

- stretch
  estirarse
Summary

• Self Regulation
  – Children learn it at an early age
  – It can be taught
  – The Hand Brain Model

• Calm Down Strategies
  – Some for when a child has flipped his lid
  – Some for when a child is still in control
Enjoy using

The Calming Kit

*The Calming Kit* is a group of tools that provide sensory strategies and emotional supports to assist children with regulating their bodies and emotions so they can be ready to learn.
Reflections

How will you use this information?
Thank you!

Please contact us for more information!

www.inclusioncollaborative.org