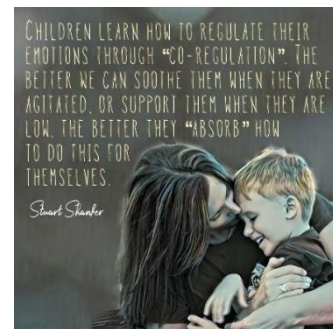




Self-Regulation

Self-regulation is a critical skill for people of all ages. It is the ability that helps us to control our behaviors to make **good decisions** for the long-term, rather than just doing what we want in the moment. It's also the skill that allows us to **manage our emotions** when we're feeling angry, disappointed, or worried. These can be difficult for adults, but are significantly more challenging for children and young adults, whose brains are still growing and developing.



There are **huge benefits** to helping children and young adults improve their skills for self-regulation. These skills can help children and young adults to complete their work, maintain lasting friendships, make safe choices when out with friends, stop themselves from breaking a rule, work through challenges when they feel like giving up, and so much more.



Simply put, children and young adults are more likely to lead happier and healthier lives when self-regulation skills are strengthened. Of course, working on self-regulation skills doesn't just happen overnight. Especially for those who struggle with them, these abilities must be working on and improved over time. The good news is that kids and young adults can learn strategies and skills to improve their self-regulation.

Breathing activities to do at home



Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.

