



Sarah Skemp, School Counselor, JDPS

Stress, Sanity, Self-Regulation!

As adults, we all had our moments of “I am losing it!” We become stressed out, wanting to gain our sanity, be calmer. We have learned coping mechanisms (a walk to cool down, talking to a friend, listening to music, getting alone time, etc) to address the stress or feeling of no control. This is self-regulation. Self-regulation is being aware of our energy (emotions) and choosing strategies to adjust our energy and be ready to keep going (safely/appropriately). One area of discussion for our students and staff has been self-regulation. Students will not always be in a happy-go-lucky mood. If they are sad/tired/excited/mad they can learn ways to help them get back to a calmer or better mood, to be able to learn or play. Some strategies (many can be fairly quick) that may help your child at school and home:

Stretching	Deep breath (or two)	Jump
Listen to music	Play with a fidget	Doodle
Talk out the problem	Get some fresh air	Hug someone
Get a drink of water	Take a break	Ask for help

These are just but a few samples of strategies. It is beneficial to discuss strategies with your child before your child becomes too out of control....so you can remind them of some options (and your child has practiced it enough to know what each strategy means at home and school as well as which one works best).

Jack Daley Primary offers supports (NEST or School Counselor) regarding self-regulation! Please reach out to me (skemp.sarah@thatcherud.org) for details or let your child’s teacher know you wish for your child to be part of NEST and/or visits with the school counselor.

