

Emotions

> EMOTIONS

Emotions: what are they and what do they mean??

It can be tricky to work out exactly what emotions are and how they affect each of us differently.

Sometimes parents and professionals talk about children having “emotional regulation” or “self regulation” problems. Issues with emotional regulation can include not knowing what the child is communicating to us, what they are reacting too or how best to manage and respond to them. It is our job as Allied Health Professionals and Educators to help unpack, understand and listen to families in relation to their child’s emotions and behaviour.

Information on Emotions is listed below.



Zones of Regulation

Why we love it ♥

The Zones of Regulation is a systematic, cognitive behaviour approach used to teach self-regulation. It provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Packs are between \$20-50

⇒ **Where to get it?**

Click on the image to order directly through our Affiliate Amazon Link!



What To Do When (Series)

Why we love it ♥

This series of books help children overcome their difficulties. Books include “What to Do When You Worry Too Much”, “What to Do When Your Temper Flares”, “What to Do When Bad Habits Take Hold”, “What to Do When You Grumble too Much”, “What to Do When You Dread Your Bed” and “What to Do When Your Brain Gets Stuck”.

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Packs are between \$12 – 50

⇒ **Where to get it?**

Click on the image to order directly through our Affiliate Amazon Link!



Meet Mr Angry Ant

Why we love it ♥

Mr Angry Ant! This is an excellent application (for iPad) targeting anger, which includes a whole curriculum! Free downloads for teachers and parents!

Who's it best for ??

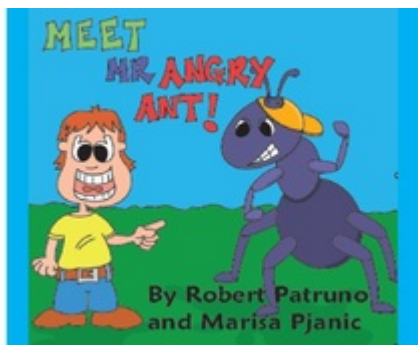
Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



Go Zen

Why we love it ♥

A wonderful program that aims to teach kids about anxiety and how to overcome it. Great little videos! A good program to be aware of!!

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Lots of different options, depending on what product you prefer.

⇒ Where to get it?

Click on the image to be taken their website directly!



Meet The Worry Woos

Why we love it ♥

A wonderful program that aims to teach kids about some of the lesser known or understood emotions like worry, envy, confusion, and frustration. A great program to be aware of!!

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Books start at \$8 – are priced upwards, depending on which ones and if you buy the whole pack.

⇒ Where to get it?

Click on the image to order directly through our Affiliate Amazon Link!



Instant Help Workbooks

Why we love it ♥

We love this series!! These include a whole range of books related to different emotions – from children's books like "I'm not bad, I'm just mad," to teen and adult books.

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Books are are between \$12 – \$50

⇒ **Where to get it?**

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Therapist Aid

Why we love it ♥

A wonderful website for mental health professionals related to emotions and emotional regulation. This site includes a large variety of free printable resources and loads of links to other sites!!

Who's it best for ??

Parents, and Therapists

Cost £ \$ €

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!

