

Emotional Regulation / Self-Regulation for Children

Websites

The MEHRIT Centre

self-reg.ca/

Books, videos, info sheets and other resources highlighting Dr. Shanker's work in self-regulation.

Lives in the Balance

www.livesinthebalance.org/

This website provides free resources about the Collaborative and Proactive Solutions model by Dr. Ross Greene.

Canadian Self-Regulation Initiative

www.self-regulation.ca/

This website integrates insights from neuroscience, health, education and developmental psychology, and provides a platform for learning and engagement of educators, allied professionals, parents and communities who want to promote higher levels of learning and self-regulation.

Dr. Dan Siegel

www.drdansiegel.com/home/

Includes resources such as speaking events, audio and video highlights about emotional regulation, and course information.

MindYeti

www.mindyeti.com/

An online resource that offers guided audio sessions for children to help calm their mind, focus their attention, and connect to the world around them. It includes strategies for managing stress at home and at school.

Child and Youth Health network for Eastern Ontario: MindMasters

www.cyhneo.ca/ | Navigate to Reports & Resources > MindMasters

Mental health promotion resources that help children to master emotional regulation through relaxation, positive thinking and mindfulness based techniques. Includes a free guidebook, printable resources, music, songs, videos, and an iPad app.

Canadian Training Centres

www.ctc1990.com/

This website has free resources and print outs including: a Calming Game and a When I Worry I Can chart.

50 Activities and Games Dealing with Anger

kimsounselingcorner.com/2012/09/16/50-activities-and-games-dealing-with-anger/

Provides links to 50 games and activities that parents and children can do to deal with their anger.

Toolkits

Should I or Shouldn't I?: What would others think? (2012)

Dominique Baudry, Think Social Publishing Inc. | FSRC

A game to encourage social thinking and social problem solving.

Books

The Way I Feel (2000)

Janan Cain | FSRC

For Children

This picture book teaches young children about emotions. It uses illustrations, text, colour and type font to describe happy, disappointed, angry, jealous and other feelings that kids experience.



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Books Continued

For Children

Today I feel Silly and Other Moods (2007)

Jamie Lee Curtis

Silly, cranky, excited, or sad--everyone has moods that can change each day. Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and, even have fun with their ever-changing moods.

Moody Cow Meditates (2009)

Kerry Lee MacLean

This children's book playfully introduces children to the power of meditation.

Sometimes I'm Bombaloo (2002)

Rachel Vail

Most of the time Katie is a well-behaved child. Sometimes, though, Bombaloo comes out and Katie shows her temper. This tale about dealing with tantrums will resonate with families everywhere.

Josh's Smiley Faces: A Story About Anger (2003)

Gina Ditta-Donahue

With the help of smiley-face charts, Josh learns to express his anger appropriately.

What I Look like When I Am Angry (2004)

Heidi Leigh Johansen

Describes what different parts of the face look like when a person is angry.

Personal Space Camp: Teaching Children the Concepts of Personal Space (2007)

Julia Cook

Personal Space Camp addresses the complex issue of respect for another person's physical boundaries. Told from Louis' perspective, this story is a must have resource for parents, teachers, and counsellors who want to communicate the idea of personal space.

My Mouth is a Volcano! (2008)

Julia Cook

This book takes an empathetic approach to the habit of interrupting and teaches children a witty technique to capture their rambunctious thoughts and words for expression at an appropriate time.

When Sophie Gets Angry: Really, Really Angry (2004)

Molly Bang

A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

My Many Colored Days (1996)

Dr. Seuss

This book assigns colours to moods and underlines that emotions can come and go.

Enemy Pie (2000)

Derek Munson

Jeremy Ross moves into a new house and becomes the neighbourhood enemy. Luckily his Dad teaches Jeremy how to get rid of enemies using Enemy Pie. Part of the pie recipe includes spending time playing with the enemies.

For Parents

Self-Reg How to Help Your Child (and Youth) Break the Stress Cycle and Successfully Engage with Life (2016)

Dr. Stuart Shanker and Teresa Barker

In *Self-Reg*, Dr. Shanker helps us begin to recognize, not just when our child is becoming dysregulated, but what to do about it: the process that will enable us to experience that calmly focused state where learning and growth can occur.



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Books Continued

For Parents

Explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children (2014)

Dr. Ross Greene | FSRC

Revised and updated edition of *The Explosive Child* introduces the Collaborative Problem Solving approach and describes a more contemporary approach to understanding and helping inflexible, easily frustrated, explosive children at home and school.

Healthy Anger: How To Help Children and Teens Manage Their Anger (2003)

Bernard Golden

A book that offers specific, practical strategies for helping children and teens manage their anger.

Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Connected (2010)

Susan Stiffelman

This book shares proven strategies and clear insights to motivate kids to cooperate and connect, and will show how to transform frustration and aggression into adaptation and cooperation, keep calm when your kids push your buttons, and nourish attachment with young and older kids.

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate (2010)

Susan Kaiser Greenland | FSRC

Mindful awareness works by enabling you to pay closer attention to what is happening within you - your thoughts, feelings, and emotions - so you can better understand what is happening to you.

The Whole-Brain Child (2011)

Daniel J. Siegel, and Tina Payne Bryson | FSRC

This book discusses strategies to nurture your child's developing mind.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | kellycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Kids Help Phone

kidshelpphone.ca/ | Kids site navigate to "Feelings"

Provides helpful information for children and teens about feeling angry, sad, panic and anxiety.

The F.O.R.C.E. Society for Kids' Mental Health

www.forcesociety.com/

The F.O.R.C.E. Society for Kids' Mental Health provides families and professionals with peer support, information, tools, and tips on how to support and assist children with mental health difficulties.