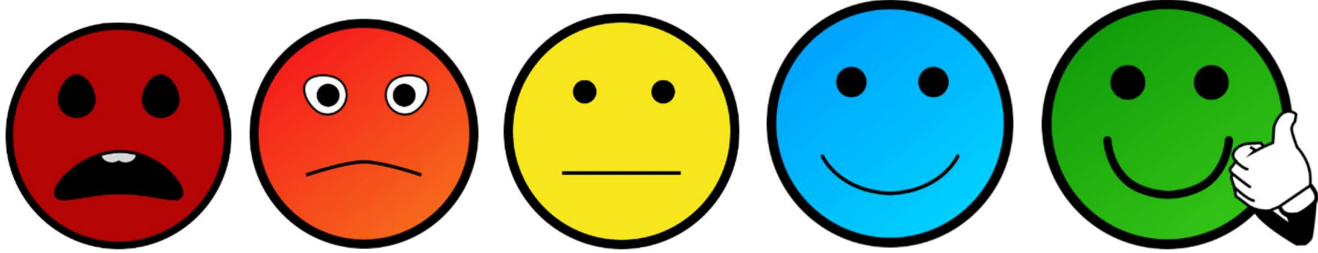


5 Faces Self-Regulation

Where are you at?



1.

Upset, angry,
depressed,
scared

2.

Negative,
frustrated,
confused, sad

3.

OK, fine, all right,
average

4.

Comfortable,
positive, pleased

5.

Excited, happy,
pumped

Morning Check-in

After explicitly teaching what each of the 5 Faces represent and their numbers 1-5, follow the below steps **each morning before school**:

1. Ask students to **identify their emotional state** (this can be done as a group, prior to the start of the class or individually on sheets).
2. Ask if students **require help or support to feel better**. (Many times a student is happy just revealing their emotional state.)
3. Have students **implement any strategies** or support required **and check** to see if this has worked.

Consider the following elements in your delivery of self-regulation materials:

- **Build emotional and feeling literacy:** labelling emotions, noticing the effects of self-regulation on the body, identifying and acknowledging feelings of self and others, understanding feelings and emotions and their influence (linking internal thoughts to feelings and external experiences), and connecting the causal relationships between emotions and thinking. One person's feelings at 1 and another person's feelings might be very different.
- **It is Ok to be a 1:** it is natural and normal to feel bad it is what you do when you are a 1 that counts.
- **Brain storm with the class different strategies** to support emotional self-management: create a list and put it on the wall beside the 5 Faces. Have a strategy of the week: e.g. mindfulness, colouring in, journaling, throwing and catching (silent ball), gratitude practices, worry writing etc.
- **Practice strategies** to manage heightened emotions and return to a comfortable state: learning calming techniques, distracting and thinking strategies BEFORE a child is a 1 or 2.
- **Identify personal emotional needs** (reassurance, safety, trust, feeling valued etc.) and support students to productively seek and communicate them.