

Self-Regulation

VIDEO CLIPS

- Tiny's Calm Space (Dinosaur Train)



- Not Yet (Sesame Street)



- What Do You Do with That Mad You Feel? (Daniel Tiger's Neighborhood)



- Song and Dance: Revealing Emotions Song (Sesame Street)



- Two-Headed Monster Takes Turns (Sesame Street)



- The Waiting Game (Donkey Hodie)



APPS and GAMES

- Sesame Street: The Cookie Games



BOOKS

- “Cookies” A Frog and Toad story from Frog and Toad Together by Arnold Lobel
- My Mouth is a Volcano by Julia Cook
- Mouse Was Mad by Linda Urban
- Harriet Harris, You'll Drive Me Wild by Mem Fox
- Sometimes I'm Bombaloo by Rachel Vail
- Katerina Gets Mad, A Daniel Tiger's Neighborhood Digital Book

Classroom Activities

COLOR MOVES

(similar to the game "Red Light, Green Light")

1. Prepare green, yellow, blue, and red paper for the game
2. Explain to the children that they will walk around the room. They are to move based on the color paper the teacher holds up. **Green paper** means walk fast, **yellow paper** means regular pace and **blue paper** means slow-motion walking. Whenever you hold up a **red paper** they stop.
3. Try different locomotor skills like running in place, marching, jumping, etc.
4. As children become familiar with these color cues, encourage them to use them when they are feeling restless or anxious by voicing it "I'm feeling green today, I need to move around." "I'm feeling blue today, I need a hug."

DEADY, SET, WIGGLE

(similar to the game "Simon Says")

1. The leader calls out Ready...Set...Wiggle and everyone wiggles their bodies. The leader calls out Ready...Set...Watermelon. No one should move. The leader calls out Ready...Set...Wigs. No one moves. The leader calls out Ready...Set...Wiggle. Everyone wiggles again. You can change this to whatever wording you want. The purpose is to have the children waiting to move until a certain word is said out loud.