

Feelings come and go all of the time. We can't help what feelings we experience, they happen automatically. If something triggers a tricky feeling in us, there are things we can do to help soothe ourselves and feel better. This is called **self-regulation**.

Remind yourself of the '**hand model of the brain**' method of understanding what happens in our brains when we are triggered by watching our '*My busy brain and how I can help it*' video. This can be found on the Facts4Life YouTube channel or in the Neuroscience section of our Additional Resources (KS3) page on our website.



There are lots of things that we can do to **smooth the path** and soothe ourselves. Have a look at the Mindfulness section (for older children) on the Parent & Carer page of our website for some ideas.



Trying these activities can help you when your 'lid is flapping' and could help you to keep better control over your behaviour. 'Flipping your lid' is when your logical problem-solving brain is being bypassed and your emotions are in charge.

Choose one of the activities from the **Mindful Me Activities Sheet** and practice this activity each day for a week. Tick once on the chart below for each day you practice it. Ask an adult to sign your sheet too. Repeat this for two more activities that you'd like to try and then in your 4<sup>th</sup> week either repeat your favourite activity or choose another new one if you prefer!

Practising these activities helps our brain to learn new patterns of behaviour and keep in balance so when we are faced with a tricky situation, our brain will more easily recall the actions that can help us to feel better.

Sometimes our heads can feel full of busy thoughts and big feelings. To help yourself feel better, try one or more of these activities to calm your body and mind. We're **smoothing the path!**

## Fact4Life Self-Regulation Challenge Activity Sheet

Name .....

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Name of your Activity:	Tick below if achieved						
Confirmation by adult:							

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Name of your Activity:	Tick below if achieved						
Confirmation by adult:							

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Name of your Activity:	Tick below if achieved						
Confirmation by adult:							

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Name of your Activity:	Tick below if achieved						
Confirmation by adult:							