Self Regulations Skills
Relaxation Thermometer

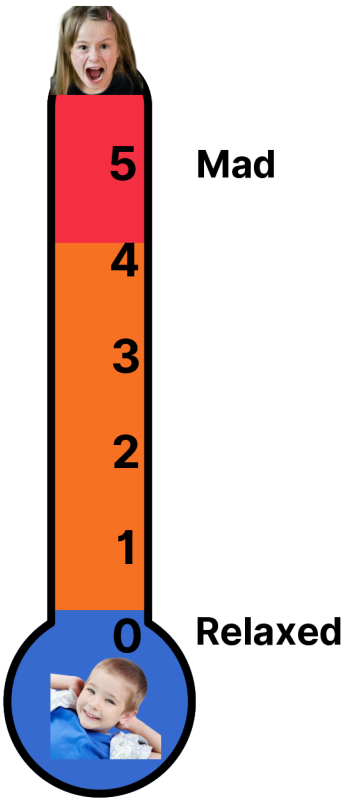
Self-Regulation is the ability to recognize and manage your emotions and behaviors across various settings and activities

Children who can regulate their emotions:

- Develop friendships easily
- Are able to cope with disappointment.
- Build stronger connections with educators and peers
- Develop strong impulsive control

Teaching this Skill

Choose a time when educators and children are calm and engaged to teach regulation strategies. Use visuals to remind children of strategies when their emotions are dysregulated.



Relaxation Thermometer

- Explain to children how a thermometer works.
- Teach children to identify their emotions, recognize how they feel in our bodies and ways to regulate.
- Use the thermometer visual provided, to point out how our emotions and their affects on our bodies can change, depending on the level of emotion we experience and how intense or calm we feel.
- Practice using the thermometer at times when the children are calm and relaxed.

Adapted March 2025 from NCPMI, Self Regulation Skills: Relaxation Thermometer

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Ways to Support Regulation

- Teach clear positive expectations/rules that are consistently across all routines throughout the day.
- Model and provide examples of desired behavior.
- Provide language through labeling actions, feelings, and emotions.
- Validate children's feelings - provide space for uncomfortable feelings.
- Provide children with positive descriptive feedback for regulating their behavior.
- Assist children to regulate by modeling calm down strategies, when needed.
- Provide opportunities for developmentally appropriate play.
- Promote children's independence across the day.
- Provide a safe, quiet space, where the child feels a sense of privacy. Educators support children by being calm and present, until the child is regulated.

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5 Mad

4

3

2

1

0 Relaxed

Take 3 deep breaths 1,2,3

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