

Improve Emotional Regulation in just 7 Minutes a Day

Emotional regulation can be achieved in two ways.

- **Self-regulation** means you can regulate your emotions on your own.
- **Mutual regulation** (sometimes called co-regulation) means you need someone to help you regulate your emotions.

Most kids need help sometimes, or even all the time, with emotional regulation. However, you can improve their ability to achieve emotional regulation in just 7 minutes per day with exercise.

How Does Exercise Improve Emotional Regulation?

It is amazing how this works.

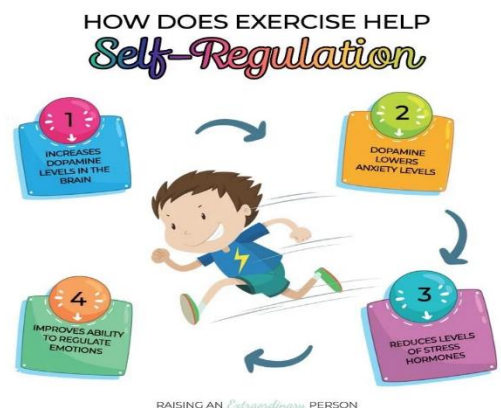
Our mind, brain, and body are all interconnected.

When your child is dysregulated, their brain produces high levels of the stress hormone, cortisol. It also produces adrenaline. An increase in cortisol spikes anxiety and dysregulation.

When this occurs, functional and **social communication skills** decrease – because the brain can't access the prefrontal cortex, that controls **executive functioning**.

This is what leads to meltdowns which cause a huge spike in adrenaline due to the fight or flight response being triggered.

<https://hes-extraordinary.com/improve-emotional-regulation-just-7-minutes-per-day>



This weeks Family Challenge!!!

Lets all complete the 7 minute workout for kids.
Parents/caregivers and siblings too.

7 MINUTE HIIT WORKOUT FOR KIDS

DO AS MANY OF EACH MOVE AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.



FROG JUMP
Hop, hop hop!
up and down like a
frog



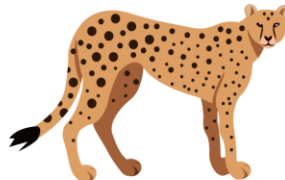
BEAR WALK
With your hands &
feet on the floor,
hips high, walk left
& right



GORILLA SHUFFLE
In a low sumo squat,
use your hands to
balance and shuffle
around the room.



STARFISH JUMPS
Jump up and down
spreading your
arms and legs wide
(jumping jacks)



CHEETAH RUN
Run in place as fast
as you can, just like
the fastest animal in
the Sahara



CRAB WALK
Siting down, place your
palms on the ground
behind you, lift your
hips and crawl on your
hands and ferel.



ELEPHANT STOMPS
March in place, stomping
your feet as hard as you
can.

he's
EXTRAORDINARY
TOOLS FOR RAISING AN EXTRAORDINARY PERSON