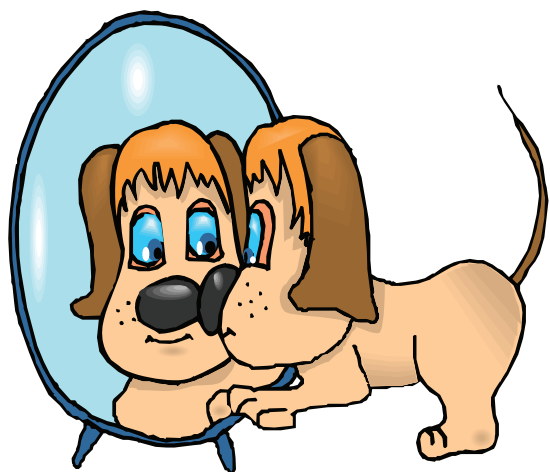




## Games to Help with Emotional Regulation

Games that help children follow a leader can help them to practice how to calm themselves and manage their emotions. Ending the games with gentle, relaxed, and slow movements allow them to practice those self-regulation skills that permit them to transition from excitement to calm.

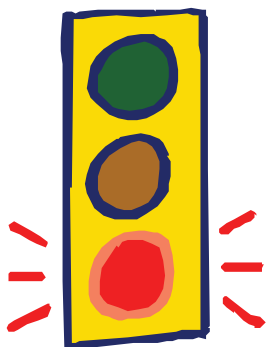


### 1. Mirror, Mirror On The Wall

While facing children, ask them to move the same way as the leader. Vary tempo and move body parts such as arms, face, hands, legs, etc. Each child takes turns being the leader.

### 2. Red Light! Green Light!

Have children face you from across the room or yard. Ask them to do something (run, walk, jump, move arms, etc.). Yell out green light which means go and red light which means stop. When the children stop they should freeze in whatever position they were in when the direction was given.



### 3. Mother May I?

The leader gives an instruction to the children to do something (e.g. Take 3 steps backwards). They must say “Mother may I?” before responding to the command. If the children forget they must return to the starting line. Vary the speed and intensity of different movements.



### 4. Drummer

Sitting in a circle have the leader start a hand clap rhythm or beat a pattern on the floor or table. Vary the speed, volume and clapping surface (e.g.: clap hands 3 slow loud beats followed by 2 fast quieter beats and then bang hands on table for 3 tapping sounds). The children copy the leader.