

BACKPACK CONNECTION

How to Help Your Child Stop Whining

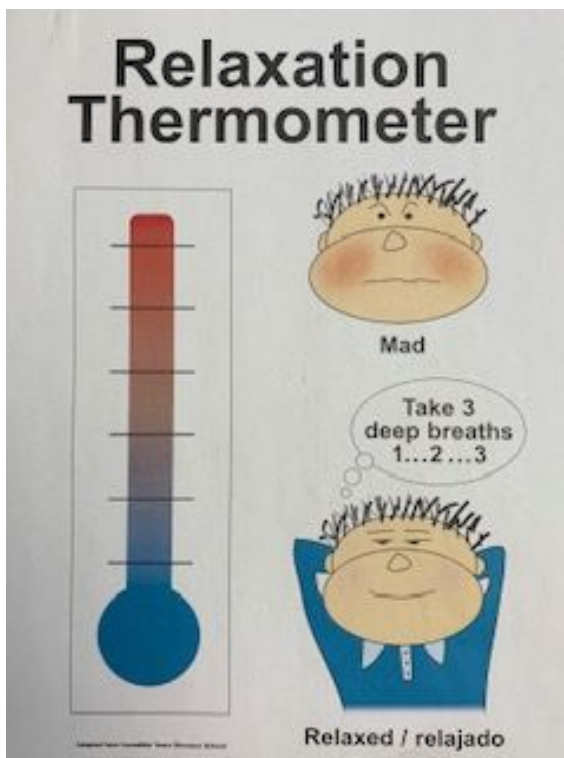
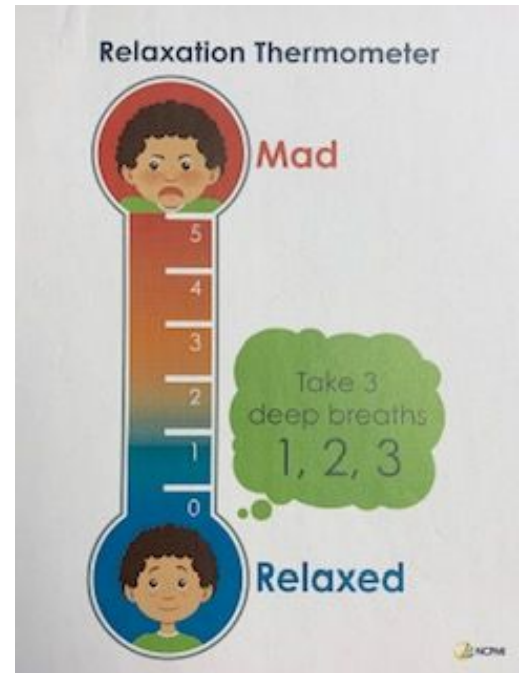
English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_whining.pdf

Spanish: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_whining_SP.pdf

Self-Regulation is the ability to recognize and manage your emotions and behaviors in different settings & activities.

Children who **LEARN** to **REGULATE** their **EMOTIONS**:

- ★ Have an easier time making friends
- ★ Handle disappointment better
- ★ Relate more successfully with peers and adults
- ★ Are less impulsive



TEACHING THIS SKILL

Teach the following strategy when the children are calm & engaged. Remind children of the strategy when they need to calm down through use of visuals or props.

RELAXATION THERMOMETER

- ★ Teach children how a thermometer works.
- ★ Teach children to recognize how their feelings affect their bodies and ability to regulate.
- ★ Use the thermometer as a visual to show how their affect changes & can intensify or relax (or calm) depending on the level of emotion they are experiencing.
- ★ Practice use of the thermometer

To access Self-Regulation Skills: Relaxation Thermometer, please click on the link below:

<https://challengingbehavior.cbcs.usf.edu/docs/Relaxation-Thermometer.pdf>