

# Regulation Pack Instructions

By Charissa Fry, LPC

How to use the materials in the Regulation Pack:

Print off the four PDF files so you can reference them while moving through the other links provided below.

The Polyvagal/Window of Tolerance PDF is designed to give you all the most important concepts on Regulation on one page. This resource is best for adults, parents, educators and some adolescents. The Animals of Regulation PDF and the Animals of Regulation Script PDF are designed for grown-ups to use with the children in their lives. The last PDF offers great Regulation Strategies.

For verbal explanation of Regulation, please listen to my interview on The Don't Mom Alone podcast here- episode 41, air date 10/7/19:

<https://dontmomalone.com/podcast-show/>

For a visual explanation, please watch the following short video on the concept of the Window of Tolerance and Regulation.

<https://m.youtube.com/watch?v=Wcm-1FBrDvU&feature=share>

Next, please read the following article to give you a more in-depth view of how regulation works on a practical level.

<https://www.weareteachers.com/emotional-regulation/>

Once you feel you have a more confident understanding of Regulation, you can use the Animals of Regulation PDF and Script to explain the concept to the children in your life.

After explaining the concept to the child, the following books are great resources to increase self-awareness in yourself and children. Self-awareness requires us to tune into our physical bodies and notice and name our emotions.

Listening to My Body by Gabi Garcia does a great job helping younger kids notice their bodies and emotions and gives great regulation interventions to try.

(Amazon link: Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need.

[https://www.amazon.com/dp/099895800X/ref=cm\\_sw\\_r\\_cp\\_apo\\_i\\_5nLJDJbJC1N5V7](https://www.amazon.com/dp/099895800X/ref=cm_sw_r_cp_apo_i_5nLJDJbJC1N5V7) )

My Incredible Talking Body by Rebecca Bowen helps all ages notice body cues, emotions, and interventions to use when we're dysregulated. (Amazon link: My Incredible Talking Body

[https://www.amazon.com/dp/0997196203/ref=cm\\_sw\\_r\\_cp\\_apo\\_i\\_dpLJDJbAZNKVWG](https://www.amazon.com/dp/0997196203/ref=cm_sw_r_cp_apo_i_dpLJDJbAZNKVWG) )

After going over Animals of Regulation (and reading the above books as strengthening resources), the book What Should Danny Do? by Ganit and Adir Levy offers a GREAT exercise in making choices to stay regulated (be in Dog or Monkey) or dysregulated and leave the window of Tolerance by moving into Bunny or Lion. The book gives you opportunities to make Danny's choice when he had a big feeling about something that happens. There are 9 possible endings to the story. When choosing to stay in Dog or Monkey, Danny has a great day. When Danny makes a mix of regulated or dysregulated choices, he had a day where he learns and reflects on his choices. When Danny consistently chooses the dysregulated option, he has a bad day.

Read the book several times with your child so they can see the power of their choices and the benefits to staying in Dog or Monkey.

After reading, talk to your child about opportunities they have to choose wisely and stay in Dog or Monkey. Remind them you are here to help them get back to Dog or Monkey when they need you. (Amazon link: What Should Danny Do? (The Power to Choose Series)

[https://www.amazon.com/dp/069284838X/ref=cm\\_sw\\_r\\_cp\\_apo\\_i\\_VmLJDJbYC6JQ1R](https://www.amazon.com/dp/069284838X/ref=cm_sw_r_cp_apo_i_VmLJDJbYC6JQ1R) )

Use the Regulation Strategies page or the Animals of Regulation PDF to pick 3 regulating strategies to try the next time the child feels like they are about to leave Dog or Monkey.

Post the Animals of Regulation around the house and add a sticky note with pictures and words to remind the child of the regulation strategies they are practicing this week. I

recommend naming the emotion (s) and empathizing about the struggle and then start with the following three strategies: deep breathing or horsey breathing, using a calm down space, and getting hugs from a safe grown-up.

Continually refer to the Animals of Regulation and evaluate how the regulating strategies are working.

Thank you for trying out the Regulation Pack. I hope it is helpful for you and your loved ones.

Please contact me for further training opportunities, parent coaching, or individual and family sessions. All materials are copyrighted and printable for private use only. For other uses, please contact me for permission.

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