SHANKER SELF-REG®

TOOLKIT

EARLY YEARS

Mini Tool Kit
for the
Hawthorne Meadows
Nursery School
Early Years Community

The MEHRIT Centre

SHANKER SELF-REG® TOOLS – The Early Years

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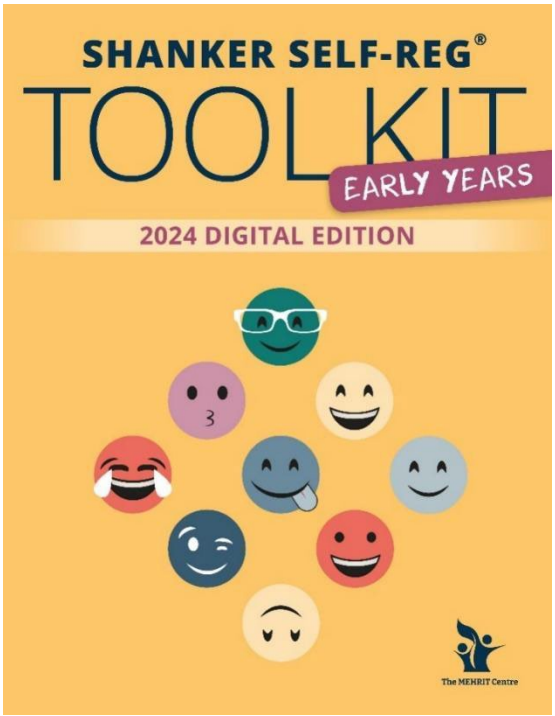
TOOL KIT FOR THE EARLY YEARS



We are excited to share our *newest* Digital Toolkit with a focus on the Early Years.

Scan the QR Code to purchase the Full Digital Version

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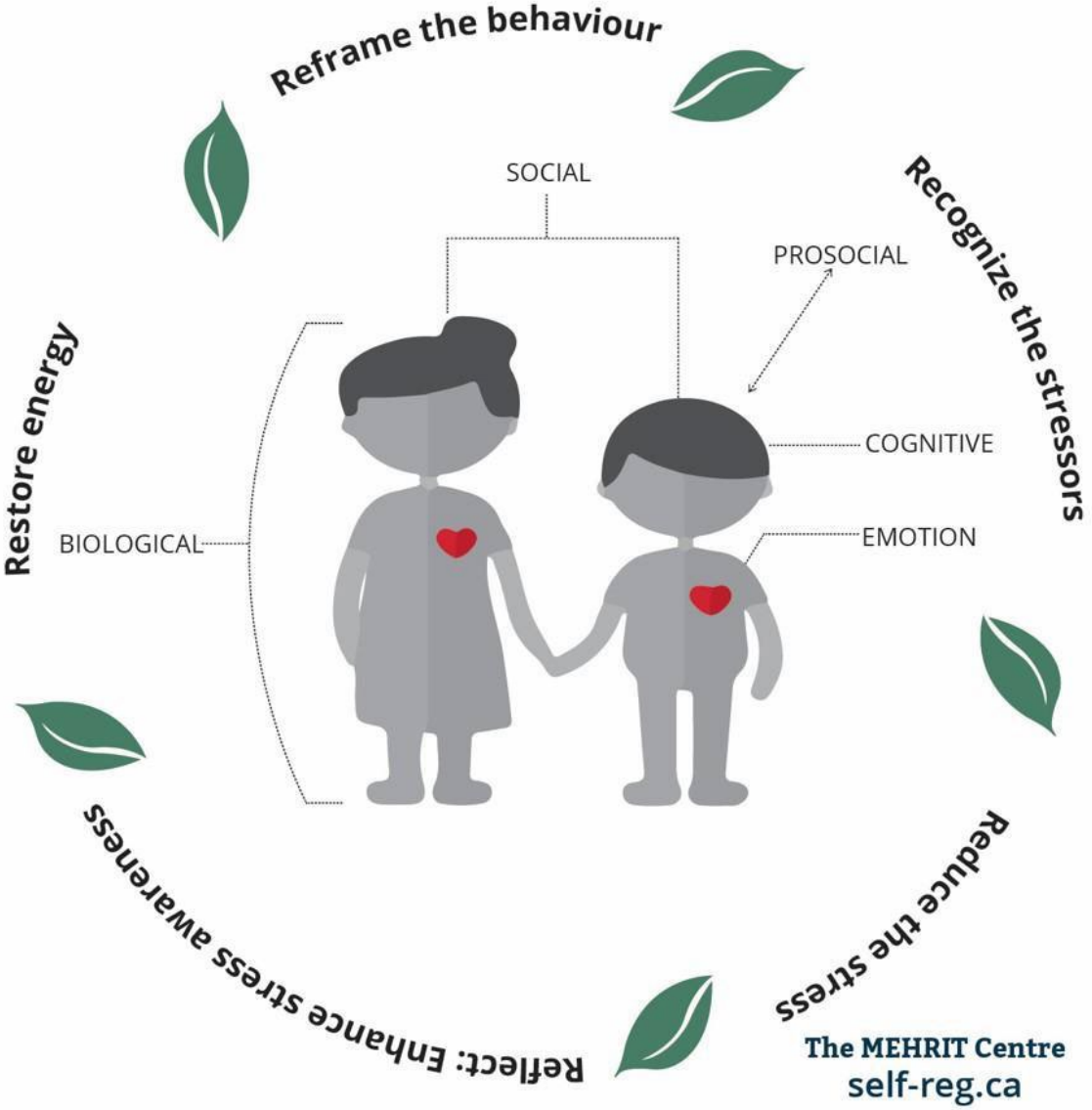
Self-Reg Model



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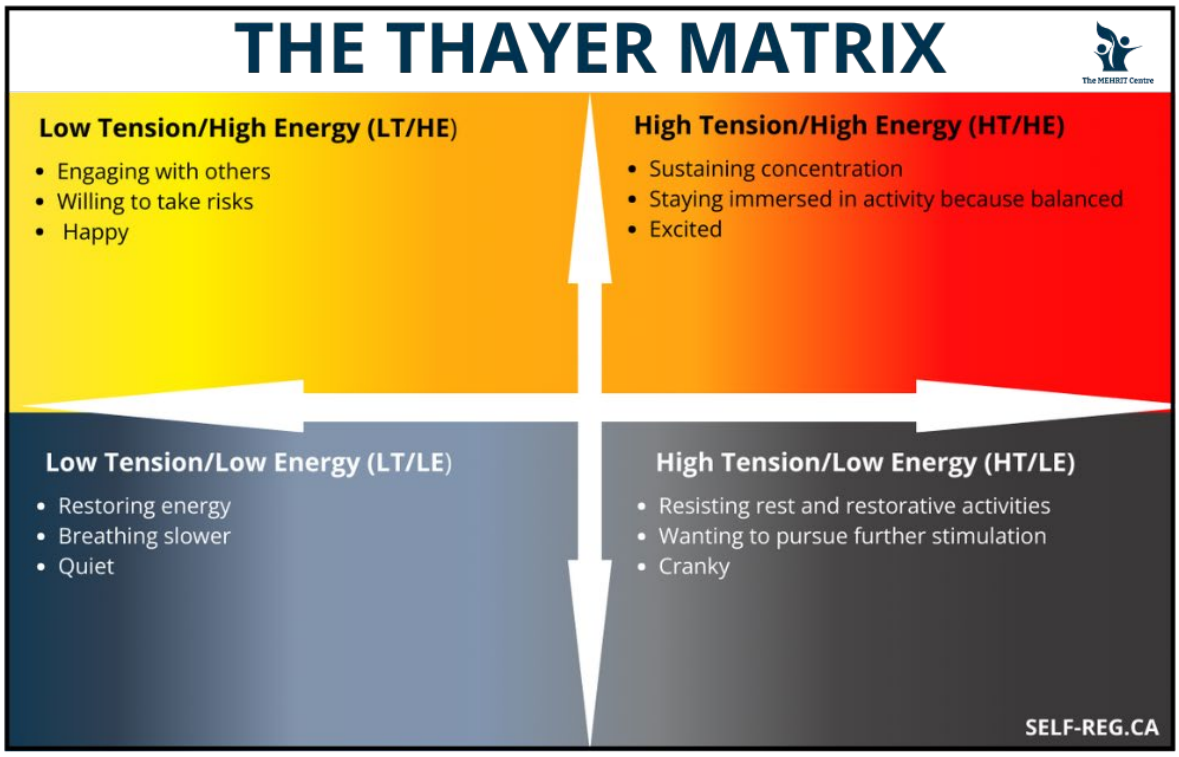
Tool 1

THAYER MATRIX – EARLY YEARS EXAMPLES



Adapted by The MEHRIT Centre from: Robert E. Thayer (1996): The Origin of Everyday Moods: *Managing Energy, Tension, and Stress*

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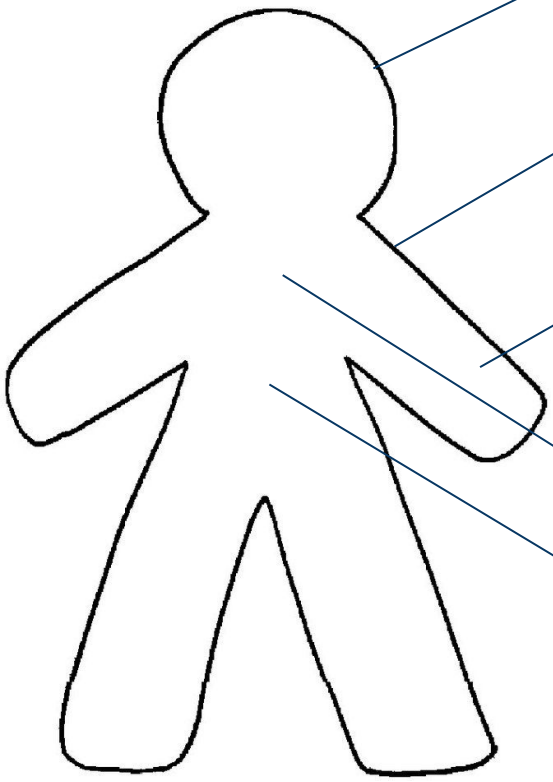
Tool 2

REFLECTING ON "THAT KID"

For this tool we would like you to think of the child that immediately comes to mind when you think of someone who struggles with their Self-Regulation or 'That Kid'. Write their name in the space above and use the tool below to reflect on stressors across the 5 domains that could be in the learning environment for this child.

What possible stressors are there in this child's learning environment?



cognitive

emotion

biological

social

prosocial

NOTES

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Tool 3

STRESSORS THROUGH A CHILD'S EYES (L CESARONI)

The following is a list compiled by Dr. Laura Cesaroni in her work with children at FERN. What more could you add?

- missing home, parents bedroom
- I've been away for too long
- group work
- to much to do
- having to do things I don't want to do
- making mistakes in public
- not understanding the staff
- sitting at a table
- people laughing at me
- certain tasks/activities
- no choice and I'm here because its easier on others
- noise
- too many transitions
- too many people
- no quiet spaces
- hungry but can't eat, nauseous
- will I be sick?
- tired
- bored
- where do I fit in?
- teasing/bullying
- people stare at me
- I look awful
- starting conversations
- feeling weird, different
- lonely
- the day feels too long
- no time for my interests
- to time to do what I want
- speaking in front of others
- uncomfortable with some staff
- working all the time
- when someone disagrees with me
- needing to rush
- masking to fit in
- not fun
- not feeling included
- I need to stay quiet but everyone expects me to talk
- outside
- less structured time
- being social
- being ignored
- being embarrassed
- feeling left out
- not sure how to act
- don't know where to hand out

What else?

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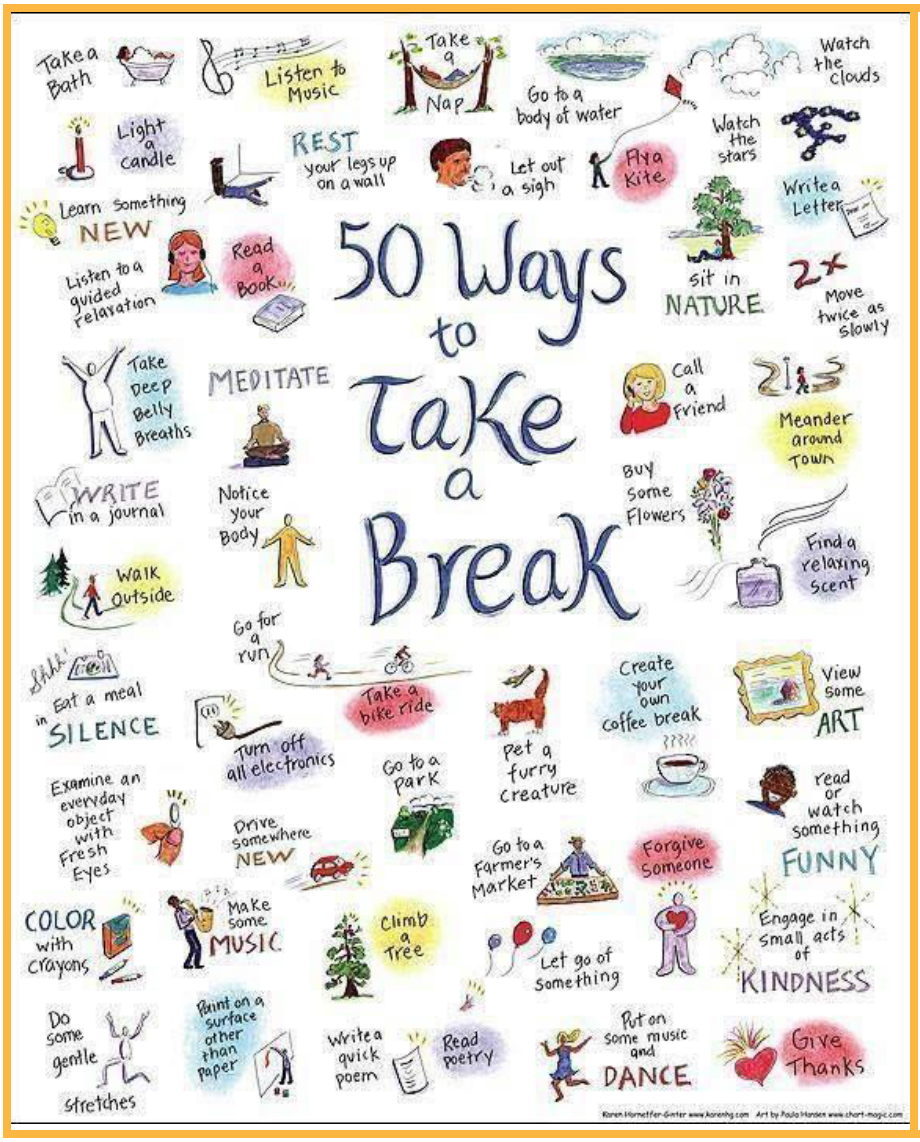
Tool 4

50 WAYS TO TAKE A BREAK

How do you support yourself and those in your care to find their Red Brain/Blue Brain balance through restoration. What are some of your strategies?



Favourites from here

My Restore Activities

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SELF-REG EARLY CHILDHOOD CERTIFICATE PROGRAM

Tatita

Life Changing

This course is really life changing. It'll make you reflect about your work and life and revisit how you respond to people all around you. As an educator, it made me rethink my responses to children's different behaviours but as a person it made me rethink how I respond to all people in my life.

★★★★★

Scan the QR Code to register
and for more information!

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