



Five Steps to Self-Regulation Icons

Self-regulation is essential for social, emotional, academic and life success. Help coach children in the five-step process with these icons for I Am, I Calm, I Feel, I Choose and I Solve.

Self-regulation is the cornerstone skill for all development. It refers to both the conscious and unconscious processes that allow us to regulate our thoughts, feelings and actions in service of a goal. The five-step process for self-regulation is based on Conscious Discipline principles and is presented in detail in *Managing Emotional Mayhem: The Five Steps to Self-Regulation*, and in the Feeling Buddies Self-Regulation Toolkit for Parents and the Feeling Buddies Self-Regulation Toolkit for Educators. The five steps are I Am, I Calm, I Feel, I Choose and I Solve.

The objectives for children when conducting the five-step self-regulation process are:

- To recognize they have been triggered and take themselves to the Safe Place.
- To begin calming themselves enough to identify the feeling they are experiencing.
- To select the appropriate Feeling Buddy, naming the emotion and then helping the Feeling Buddy regulate its emotion, creating self-regulatory inner speech for themselves.
- To choose calming and/or engaging strategies in order to shift from an upset state to an optimal learning state.
- To learn how to address the upsetting event with lifelong problem-solving skills.

Use these five downloadable icons as helpful visual reminders for you and your children as you work to master the transformational five-step self-regulation process. Post visuals where you will use them most—in your Safe Place, taped to your desk and in high-traffic areas. Create books with the icons and illustrations or photos of children demonstrating how to do each step.

I Am

I Calm

I Feel

I Choose

I Solve