

# 12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and  
Engaged



heartmindonline.org



Secure and  
Calm

## 1. Take a Time-In

Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.



## 2. Listening Break

Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.



## 3. Rainbow Breath

Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.



## 4. Sing Vowel Sounds

Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.



## 5. Face Painting

Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.



## 6. Cool Down

Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.



## 7. Smell the Flowers

The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.



## 8. Move Like Animals

Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.



## 9. Smiling Contest

See how long you can smile for together! Turning a frown upside down can really make you feel happier!



## 10. Tense and Release

Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.



## 11. Freeze Dance

Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.



## 12. Reflect Together

Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.



# Quick Start Self Help

**Morgen Rochard**



## Quick Start Self Help:

**Microsoft Power BI Quick Start Guide** Devin Knight, Mitchell Pearson, Bradley Schacht, Erin Ostrowsky, 2020-10-30 An accessible fast paced introduction to all aspects of Power BI for new or aspiring BI professionals data analysts and data visualizers Purchase of the print or Kindle book includes a free eBook in the PDF format Key Features Updated with the latest features in Power BI including Dataflow AI insights visuals and row level security Get faster and more intuitive data insights using Microsoft Power BI and its business intelligence capabilities Build accurate analytical models reports and dashboards Book Description This revised edition has been fully updated to reflect the latest enhancements to Power BI It includes a new chapter dedicated to dataflow and covers all the essential concepts such as installation designing effective data models as well as building basic dashboards and visualizations to help you and your organization make better business decisions You ll learn how to obtain data from a variety of sources and clean it using Power BI Query Editor You ll then find out how you can design your data model to navigate and explore relationships within it and build DAX formulas to make your data easier to work with Visualizing your data is a key element in this book and you ll get to grips rapidly with data visualization styles and enhanced digital storytelling techniques In addition you will acquire the skills to build your own dataflows understand the Common Data Model and automate data flow refreshes to eradicate data cleansing inefficiency This guide will help you understand how to administer your organization s Power BI environment so that deployment can be made seamless data refreshes can run properly and security can be fully implemented By the end of this Power BI book you ll have a better understanding of how to get the most out of Power BI to perform effective business intelligence What you will learn Connect to data sources using import and DirectQuery options Use Query Editor for data transformation and data cleansing processes including writing M and R scripts and dataflows to do the same in the cloud Design optimized data models by designing relationships and DAX calculations Design effective reports with built in and custom visuals Adopt Power BI Desktop and Service to implement row level security Administer a Power BI cloud tenant for your organization Use built in AI capabilities to enhance Power BI data transformation techniques Deploy your Power BI desktop files into the Power BI Report Server Who this book is for Aspiring business intelligence professionals who want to learn Power BI will find this book useful If you have a basic understanding of BI concepts and want to learn how to apply them using Microsoft Power BI this book is for you

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