SENSORY AND EMOTIONAL REGULATION

Emotional Regulation Toolkit

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A practical toolkit for noticing feelings early and choosing support, using the person's own words and strategies.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe. This is not a trademarked regulation programme and it is not a diagnostic tool.

Who this is for

Families and settings who want a simple, shared set of tools for wobbly or overwhelming moments.

What is inside

- A kind approach
- A feelings check-in and thermometer
- A "what helps" menu
- A practice plan

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Support first, not control

Regulation tools work best when they are practised in calmer moments, offered rather than forced, and matched to the person. Adults need a plan too: what they will do first, what they will not do, and how they will keep everyone safe. Talking someone out of a feeling is not the aim.

A quick check-in

A simple way to show how this moment feels, without having to explain everything in words. There is no right answer. This is not a diagnostic tool and it is not a trademarked programme. Change the words to ones the person already uses.



I feel good



I feel okay



I feel wobbly



I feel overwhelmed

What might have led to this feeling? (only if the person wants to add it)

What might help right now?

For example a quiet space, a drink, a movement break, a trusted adult, or more time.

How big does this feeling feel?

A thermometer is another way to show how big a feeling is, and to talk about what might help at each level. Change the words if your child already uses different ones. This is not a diagnostic tool.

4 — Overwhelmed

I cannot keep going like this. I need help and a way to feel safe.

What might help me at this level:

3 — Too much

Things are building up. I need a break or a change soon.

What might help me at this level:

2 — Starting to feel wobbly

I can still try, but I may need a warning, a quiet minute, or a check-in.

What might help me at this level:

1 — Okay or calm

I can join in, or I can rest, without a lot of extra help right now.

What might help me at this level:

Words we actually use in our family or class

Our toolkit

Early signs that things are building up, in the person's own signs or words

Things that often help at the first signs (a warning, a break, movement, quiet, a script)

What helps when it is already too much, including how we keep things safe

What does not help, even if it looks useful on a generic list

What adults will say and do, and what they will try not to do

Tools I can point to

Add the person's real tools on the blank cards. Offer only what is actually available.



Quiet



Break



Help



Movement



Something familiar

My own

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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