

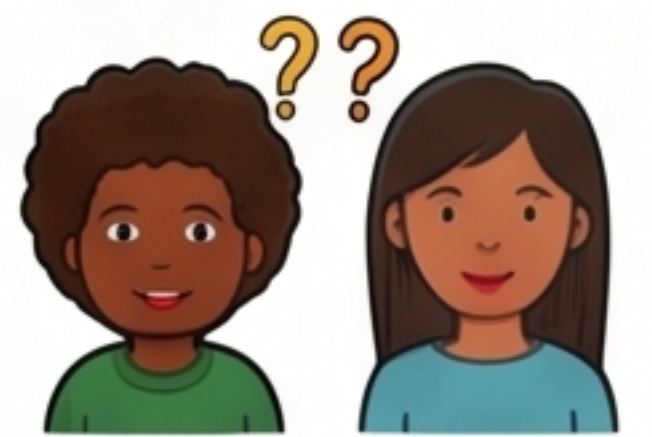
Guide for Caregivers: Building Self-Control & Supportive Relationships

Practice self-control and direct behaviors to maintain positive relationships.

A Note to Caregivers on Modeling:



Kids learn best by watching. Modeling self-care should say look like:
"My shoulders feel tight, I think I am starting to feel stressed."
"I am going to take a 5-minute break." or "You said no, so I am going to respect that and stop asking."



1 BODY CHECK-IN ROUTINE



Goal: Develop awareness of body signals as warning signs.

Practice: Identify and list common body signals for anxiety, anger, and fear.

Ask daily: "What is your body feeling night now?" in real-time.

2 I FEEL IT IN MY BODY



- Racing or fast heartbeat
- Butterflies or upset stomach
- Sweaty hands
- Hot face or tense body

Goal: Improve emotional expression and self-awareness.

Practice: Generalize skills with sentence starters: "I feel _____ and my body feels _____,"

Increase fluency connecting body signals to feelings.

3 ACT IT OUT - CHARADES



Goal: Recognize emotions in self and others.

Practice: Take turns acting out different feelings for the other person to guess. Understand nonverbal and verbal expressions.

1 TAKES toy **2 LEFT** out

4 NO MEANS NO



Goal: Recognize and respect personal boundaries.

Practice: Practice everyday scenarios tag with "stop", asking to share a cookie, siblings asking to play Uno again. Discuss appropriate responses like "stop" or "okay".