




CMK working with Life Skills Manor

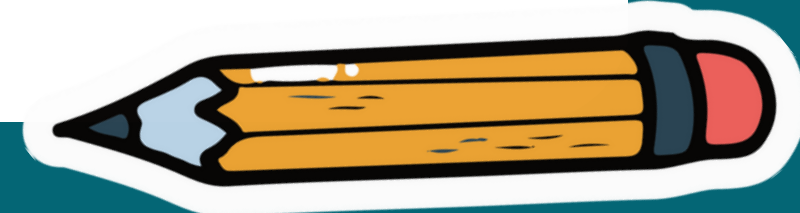


Who are CMK?



CMK (Changing Minds Kent) CIC is a passion-led, not-for-profit organisation, transforming lives through innovative and engaging wellness and wellbeing projects and programmes with local communities and workplaces.

We are a small team with a big heart, and we are delighted to be working with Life Skills Manor to offer some 'taster' sessions which we hope will be of interest to you as part of your Coffee Morning programme for the 2023/24 academic year.



Topics



Wellbeing for Neurodivergent Families (online workshop – date TBC)

Emotional Literacy and Self Enquiry

Transitions: Preparing For and Managing Change

PDA and Demand–Avoidant Profiles of ASC

Mindfulness and the Importance of Self–Care



Emotional Literacy & Self Enquiry

How are you feeling today?

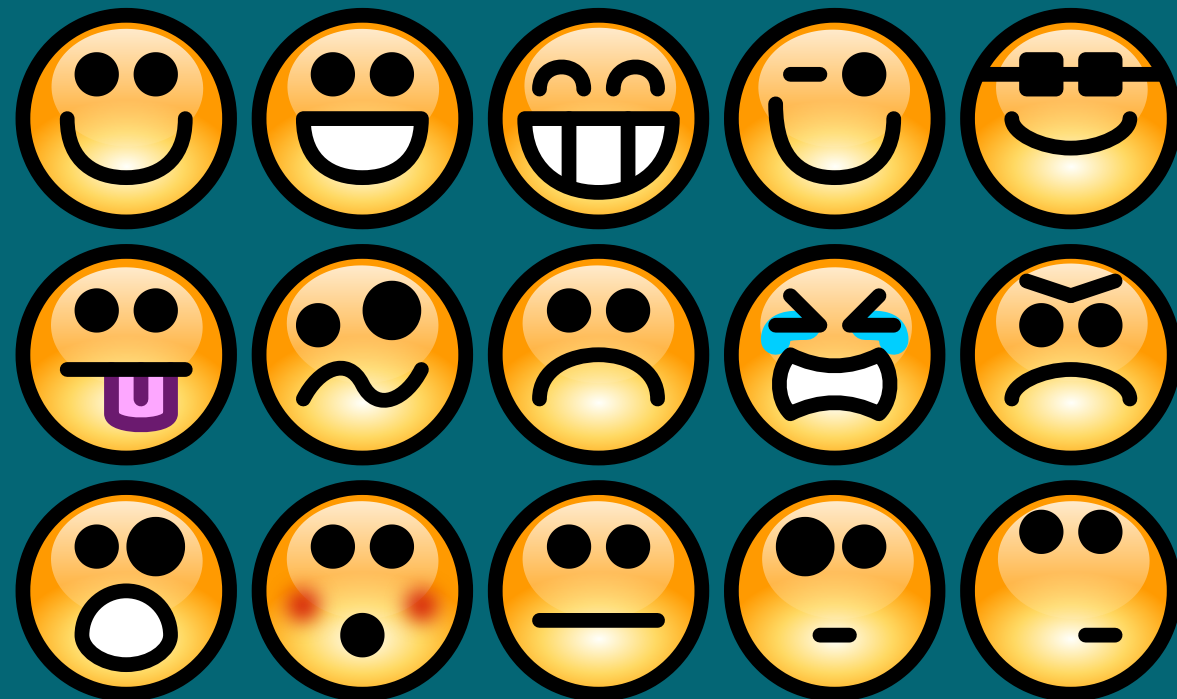


What is emotional literacy?



"Emotional literacy is made up of the ability to *understand* your emotions, the ability to *listen to others and empathise* with their emotions, and the ability to *express emotions productively*. To be emotionally literate is to be able to handle emotions in a way that *improves your personal power and improves the quality of life* around you."

Claude Steiner (psychotherapist)



An emotionally literate person:

- accepts emotions as a normal part of life
- can notice and name the emotions they are feeling and those they see in other people
- understands the message an emotion is trying to communicate and recognises their unique emotional triggers
- has effective strategies to help them express and regulate their emotions

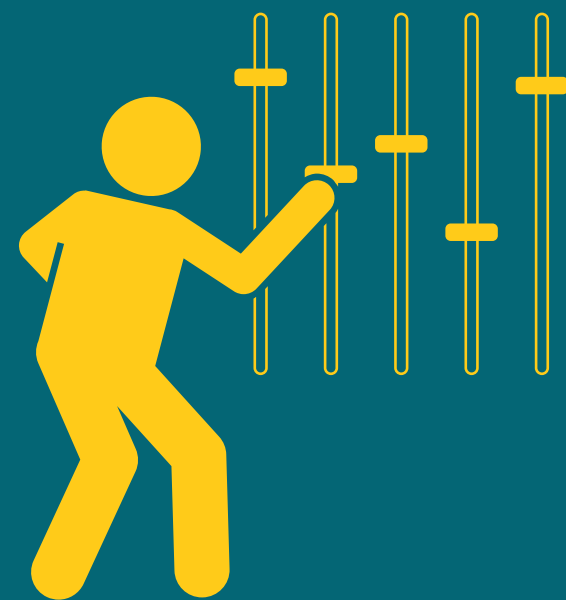
Emotional literacy and ASD



For many autistic people, developing emotional literacy may be challenging due to the nature of the differences they experience relating to social interaction and communication.

Each person will require an individual approach to explore or discuss emotional events and experiences that are relevant to them.

As parents, we can support them by 'tuning in' to the particular, and sometimes unusual or unexpected emotional responses, emotional triggers and regulation strategies of our children.



Stay
tuned



How many words can you think of that express emotions in 30 seconds?

30

Supporting emotional literacy



1

Try to see emotions as neither positive nor negative. Instead see them as information which give us a glimpse into the experience and perspective of another



2

Identify, name and validate the emotions being expressed (use pictures if this helps) - "I can see you are annoyed..."



3

Help to identify the triggers for the emotion - "...because your friend wants to play a different game"



4

Take time to reflect on the physical sensations associated with that emotion and talk about them (when the time is right) so that they can be recognised again in the future



Supporting emotional literacy



5

Notice the behaviours that are linked to each emotion - "I can see you are upset by the noise your sister is making because you are holding your ears and shouting"



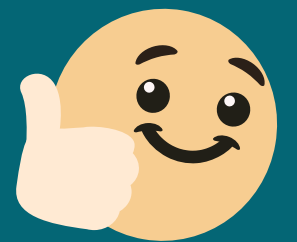
6

Scale the intensity of the emotion so that you can recognise when emotions are beginning to escalate. You can then help to regulate more easily



7

Find regulation strategies and coping mechanisms that work for your child.
Ask: "what makes you feel better?"



8

Model emotions and regulation. Make up your own social stories or share your feelings if appropriate. Go through each step... Co-regulate whenever you can.

"I wonder what they are feeling right now? Why might that be? What are they doing that makes you think that? What might happen next? How do you think they could they manage that productively? Shall we try XX together?"



A note on intensity scales...

- Zones of regulation – red/yellow/green/blue (Leah Kuypers, Occupational Therapist & autism specialist)
- Levels (e.g. 1-5)
- Visuals / faces (sad – angry – happy – excited)
- Dial / speedometer
- Elephants and mice!



A note on coping mechanisms & regulation strategies...

- Different for everyone
- Telling people to “calm down” rarely works! Instead establish a ‘calm down routine’ that works for your child
- Sometimes validation and space to simply ‘be’ is enough – “I can see this is really hard for you. Can I sit with you for a while?”

Coping strategies



50 COPING TOOLS for kids!

WHOLEHEARTED

- Garden or Do Yard Work
- Observe Clouds (and just breathe)
- Bake or Cook (try a new recipe)
- Go on a Walk, Run or Hike
- Read a Good Book or Magazine
- Do a Puzzle
- Watch Funny Animal Videos
- Talk About My Feelings
- Take Slow, Focused Breaths
- Unplug and Go Outside
- Play a Card or Board Game
- Make a List of Things I Can Control (and focus on that)
- Do Wall or Chair Push-Ups
- Say Something Kind to Myself
- Try or Learn Something New
- Create Origami Paper Airplane
- Stretch or Do Yoga
- Set a Goal and List 2 Steps to Get There
- Remember ALL of My Feelings Are OK.
- Build Something
- Clean, Organize or Declutter
- Cry (tears release stress hormones)
- Call or Text Family and Friends
- Cuddle & Play with My Pet
- Sew, Weave, Knit or Crochet
- Visualize a Peaceful Place
- Write a Letter
- Use a Stress Ball or Other Fidget
- Focus on What I See, Hear, Feel, Smell & Taste
- Drink a Cup of Hot Cocoa

ADHD CALMING STRATEGIES

- STAY POSITIVE**
watch funny movies and video clips. Laughter is good for you and helps reduce stress
- MEDITATE**
breathe, relax, or do whatever makes you feel calm and chilled
- SLEEP**
I know it's hard but keep trying as it's essential for good health and the immune system
- GET CREATIVE**
use your creativity to help others by thinking outside the box
- REDUCE EXTERNAL STIMULATION**
give your brain a break
- PLAY WITH YOUR PETS**
It's known to reduce anxiety and depression
- EXERCISE**
helps burn off excess energy while producing dopamine and endorphins
- SUNLIGHT**
Vitamin D is essential for improved mood and a
- NATURE**
getting outside improves mental health and well-being
- MUSIC**
the songs we listen to can change our mood

Coping Tools for Kids!

- Draw or Color
- Exercise, Stretch, or Do Yoga
- Do a Breathing Exercise
- Focus on the Good
- Connect with Nature
- Talk About It
- Journal or Write a Letter
- Do Something Kind and Helpful
- Use Positive Self-Talk
- Take a Break
- Read or Look at Happy Pictures
- Tighten then Relax My Muscles
- Use a Fidget
- Build Something or Solve a Puzzle
- Do a Mindfulness Exercise

Q

A

Any questions





**Thank
you!**

