

20 Simple Ways to Support Self-Regulation Every Day

----> Helping children and adults find calm, focus, and balance <----



Daily Routines to Support Self Regulation

- Set aside unstructured time each day for play, rest, or quiet activities.
- Support healthy sleep habits with consistent bedtime routines and screen-free down time.
- Keep mornings calm by building in extra time and avoiding rushed routines.
- Include outdoor time daily to support physical regulation, mood, and sensory balance.
- Use soft lighting and calming music to signal moments of rest or reflection.



Healthy Screen Habits to Support Self Regulation

- Limit screen use during transitions, mealtimes, and before bed.
- Offer tech-free zones, such as bedrooms or the dinner table.
- Delay social media use until at least age 13, and set boundaries when introduced.
- Create a quiet space for reflection, journaling, or drawing without screens.
- Support healthy sleep habits by keeping screens out of the bedtime routine.



Movement, Mindfulness & Regulation Tools

- Incorporate short movement or sensory breaks throughout the day.
- Include calming routines like mindful breathing, stretching, or nature time.
- Introduce simple mindfulness activities to build self-awareness.
- Make time for shared moments of stillness—such as sitting quietly together or going on a slow walk.
- Normalize mistakes and talk about how to handle frustration.



Building Independence & Emotional Awareness

- Reduce overscheduling by keeping at least one open afternoon or evening each week.
- Provide choices instead of stepping in to solve problems immediately.
- Allow children to experience natural consequences when safe.
- Praise effort and persistence, not just performance or outcomes.
- Regularly check in with children to explore how they're feeling and what might help them feel more balanced.