

Improving Literacy Through Self-Regulation



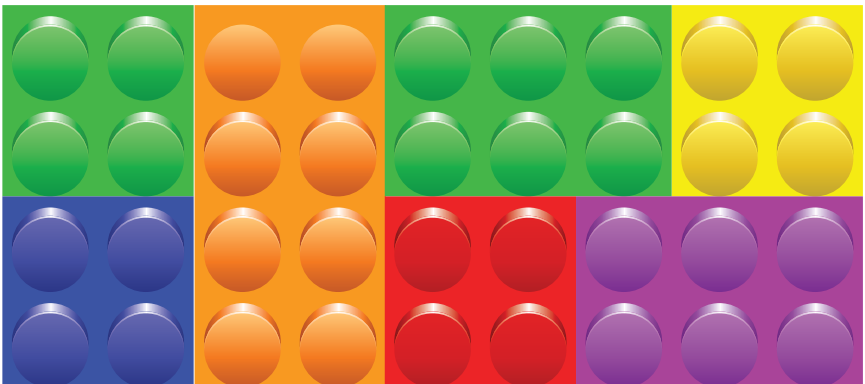
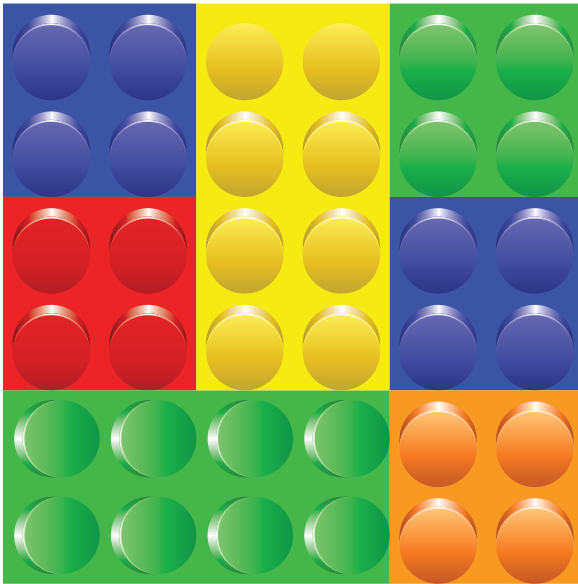
On the 5's

RESOURCE GUIDE

Practical Guide for Caregivers

LEGO Fun

Legos are a great way to build visual memory and sequencing skills. Use the templates below to lay out your Legos. For extra challenges: Build your own 3D Lego; have an adult build a Lego structure and you recreate it; have your child build a Lego, then you recreate it. Do it again and try to beat your time. Finally, come up with your own challenge!



Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off those that don't work

Calming Skills

- Run water over your hands
- Practice deep breathing
- Hug a pillow
- Remember/sing the words to a song you love
- Touch objects around you
- Make a fist; then release it
- Take a shower or bath
- Take a drink of water
- Put on headphones with music or without for silence

Movement Skills

- Squeeze a stress ball
- Do slow stretches
- Shred paper
- Pop bubble wrap
- Use a sand tray
- Create a Jacob's Ladder
- Sit/rock in a rocker
- Dance to your favorite song
- Take a walk outdoors

Distraction Skills

- Tell a story or joke
- Sudoku or crossword puzzles
- Bake or cook
- Clean
- Play with your pet
- Think about (or draw) your favorite place
- Doodle or color
- Read or look at books
- Listen to music/create a playlist

Sensory Skills

- Cover up with a heavy weighted blanket
- Sit in a bean bag chair
- Eat a crunchy snack or chew gum
- Sip a drink through a straw
- Do wall push-ups
- Turn upside down
- Stretch on an exercise ball
- Run around your yard
- Use your favorite body lotion

Mindfulness

Breathing in Positivity for Caregivers and Youth

Today we are doing a breathing exercise and focusing on bringing positivity into our lives.

As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue to breathe deeply, taking time to focus on your breathing and how it feels.

Now, think of your favorite color or a color you really like.

When you breathe in, focus on breathing in that color. Let this bring positive things into your day and into your life.

When you exhale, imagine you are breathing out a color that you don't like. Breathe out the negative things in your day and in your life.

Continue to breathe deeply, focusing on breathing the positive color in and the negative color out.

When you are finished, take one last deep breath through your nose and out your mouth, and open your eyes. You are in a state of mindfulness.



Affirmations

Think Positive & Positive Things Will Happen

Choose 1-2 affirmations to say throughout the day.

1. I am amazing.
2. I get better every single day.
3. Today is going to be a great day.
4. I can do anything I put my mind to.
5. All my problems have solutions.
6. I can get through anything.
7. If I fall, I get back up.
8. I have what it takes.
9. I can make a difference.
10. I choose to do great things.
11. Every day is a fresh start.
12. I believe I can do it.

Journaling

Journaling is an excellent way to help organize your thoughts, which helps to calm you down and improve self-esteem. Most of us just don't know where to start. Here is an idea to help get started.



Weekly Journal

Monday

Something I did well today...

Tuesday

I felt good about myself when...

Wednesday

I had a positive experience with...

Thursday

3 good things about me are...

Friday

Something I did for someone...

Saturday

Today I achieved...

Sunday

Today I overcame...

Calm Down

Comforting Phrases to Calm Down

C • A • L • M

I'm listening
I hear you

I can tell
this is hard
for you

It's okay
to be sad
or mad; all
feelings
are okay

Let's work
this out
together

If you want
to be alone,
that's okay,
I'll be right
here when
you're ready
to talk

That was
a scary
situation!
Are you ok?

It doesn't
seem fair

Can you
tell me
about it?

I'm here
for you

I love you,
you are safe

Can you
help me
understand
why you
are crying?

Silence while
hugging your
child

D • O • W • N

DE-ESCALATION

techniques for defusing meltdowns

1. Get on your child's level.
2. Whisper to be heard over a screaming child.
3. Validate their feelings, not their actions.
4. Be aware of your body language.
5. Use positive language to state what you want your child to do.
6. Silence.
7. Answer questions + ignore verbal aggression.
8. Avoid the word "no."
9. Deep breathing exercises.
10. Avoid making demands.
11. Don't try to reason if your child is upset.
12. Respect personal space.
13. Use a distraction.
14. Listen and rephrase what the child is saying.
15. Be non-judgmental.
16. Movement break.
17. Decrease stimulation.
18. Calming visuals.

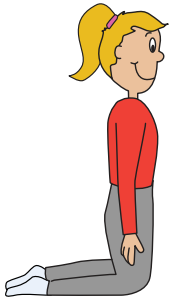
Dragon Yoga

Twist and stretch poses are wonderful to unwind, let go of stress and tension, and renew yourself. Do them slowly; one step at a time, breathing evenly, and discover how deep you can go.



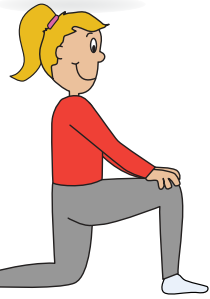
Dragon

Powerful • Alert • Fiery



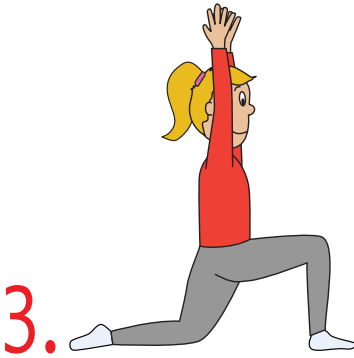
1.

“I am a powerful dragon.”
Stand on your knees, arms at your side.



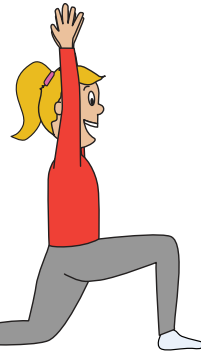
2.

“I am alert and aligned.”
Lunge one foot forward, hands on thigh.



3.

“Inhale and expand.”
Stretch forward and reach arms up.



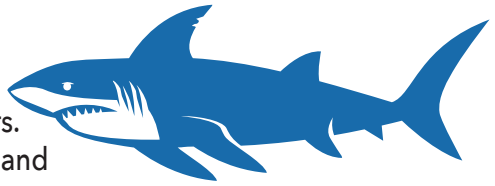
4.

“HA! I breathe out fire!”
Exhale with a big “HA!”
Spread your fingers.

Use this pose to cleanse and strengthen your lungs.

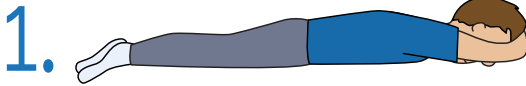
Shark Yoga

Back bends are great energizers. They help you open your heart and build trust in yourself.



Shark

Sleek • Powerful • Determined



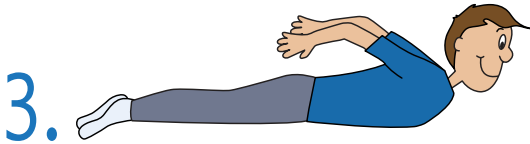
“I am long and sleek.”

Lie on your tummy.



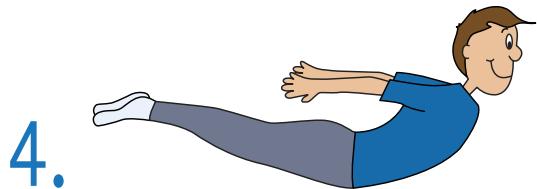
“I am a strong swimmer.”

Clasp your hands behind you.



“I am determined.”

Roll your shoulders back, lift your hands, feet and chest.



“I am a fierce shark!”

Breathe, arch, lift and lengthen your body.

Use this pose to develop your strength, focus, and determination.

Vision Boards

Success starts with intention. Visualization is one of the most powerful tools to achieve success. Vision boards are one way to create that intention. When we look at the pictures of the things we want, we imagine the achievements, the enjoyment and the fulfillment that comes from **making our dreams a reality**.



Self-Care Toolkit for Caregivers

This list of resources may help caregivers manage stress and frustration; most can be completed in a minute or two. See what works for you, or tweak them to your specific circumstances.

1. Do something for others. Giving to others makes you feel better about yourself.
2. Arrange for privacy. You need to be able to be alone and relax without the demands of others.
3. Get enough sleep. Develop a nighttime routine without electronics nearby.
4. Don't judge yourself too sternly. Hold yourself to high standards, but don't expect more from yourself than you would from others.
5. Be healthy. Get regular check-ups, eat well, and exercise.
6. You can only do one thing at a time, so select the most important and tackle that.
7. Talk to a friend. Just getting something off your chest can help you feel better.
8. Choose to be around positive people.
9. Listen to upbeat music that makes you feel good.
10. Garden, go for a walk, or a bike ride.
11. Seek humor. Laughter can be a great tension reducer.
12. If you are overwhelmed, seeking the professional help of a counselor may be needed. If you or a family member are employed, check to see if you have an employee assistance program where you can receive a certain number of sessions without charge.



Let it "RAIN"

"RAIN took only a few minutes, but it made a big difference. My anxiety isn't gone, but something fundamental has changed. The anxiety no longer takes over. When I pause and move my attention to my body and heart, there's a shift to increased presence and kindness" ~ Tara Brach

Author's note: If your focus moves to what's going on, keep bringing your attention back to your body, being fully present.

R - Recognize What Is Happening

As you reflect on the situation, ask yourself, *"What is happening (sensations/ emotions) inside me right now?"*

A - Allow Life to Be Just as It Is

Send a message to your heart to *"let be what will be."* Find the willingness to pause and accept in these moments, *"what IS."*

I - Investigate with a Gentle, Curious Attention

Bring an open mind to your experience. Ask:

- *What is the hardest part of your current anxiety state?*
- *What emotions does this bring up (fear, anger, grief)?*
- *If the hurting part of me could communicate, what would it express (words, feelings, images)?*

N - Nurture with Loving Presence

- As you sense what is needed, what is your natural response?
- Offer yourself a loving message or a tender embrace *"inward."*
- Gently place your hand on your heart.
- Visualize someone you trust—a parent or a pet, a teacher or mentor—**holding you with love.**

Gratitude Scavenger Hunt

1. Find something outside you enjoy looking at.
2. Find something that is your favorite color.
3. Find something that makes you happy.
4. Discover something new.
5. Find something that makes you laugh.
6. Find your favorite spot to spend alone time.
7. Draw a picture or write a note of gratitude for someone.
8. Complete a random act of kindness for someone.



Gratitude
is the best
Attitude!

Global Literacy

What is Global Literacy?

Global literacy is an understanding of how the world - and texts - are organized and interconnected while focusing on the challenges and possibilities facing its people.

-Boise State University, 2016

What is a text?

The term "text" is often associated with a book(s); however, texts in the 21st Century are *anything* we can read:

- Music
- Art
- Environmental print
- Multi-media formats
- People

The Six Traits of Literacy

-Oglan, 2003

1. **READ** - discover or understand, by mental interpretation
2. **WRITE** - compose or communicate for written production
3. **SPEAK** - express thoughts or feelings to convey information
4. **LISTEN** - hear with thoughtful attention
5. **VIEW** - considering something in a particular way
6. **PRESENT** - show or offer for others to reflect

Viewing/Presenting

Viewing enhances active listening abilities.

Presenting builds communication and leadership skills. Start early; practice regularly.

Children: Puppets are a delightful way to encourage children to exercise their language and self-regulation skills. Puppets can be made from paper bags, cardboard tubes, tissue paper, popsicle sticks, gloves/mittens and socks.



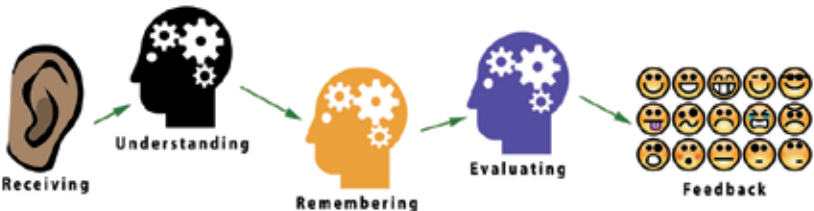
Youth: As they transition to adulthood and the workforce, these skills are needed to get their message across. Examples include providing educational presentations, performing a skit, recording a radio PSA, or participating in debates.



Teens: Personal presentation is a communication skill. This occurs in the way you present yourself in everyday situations, more stressful ones like job interviews, and when you make decisions based on information shared.



Adults: Good listening skills can help you become a better presenter – socially and professionally. ‘Listening’ to your body will increase awareness of what message your body language – and that of others – is conveying.



Resources for Families

The ARC
1500 E Capitol Ave.
Bismarck, ND 58501
(701) 222-1854
www.thearcofbismarck.org

Designer Genes
1500 E Capitol Ave.
Bismarck, ND 58505
(701) 391-7421
www.designergenesnd.com

Family Voices of ND
PO Box 163
Edgeley, ND 58433
(888) 522-9654
www.fvnd.org/site

ND Federation of Families for Children's
Mental Health
523 N 4th St.
Bismarck, ND 58501
(701) 222-3310
www.ndffcmh.org

Pathfinders
1015 S Broadway, Suite 16
Minot, ND 58701
(701) 837-7500
www.pathfinder-nd.org

Links

ND Dept. of Public Instruction - nd.gov/dpi
ND Dept. of Human Service/Behavioral Health - [nddhs.gov/behavioral health](http://nddhs.gov/behavioral_health)
ND Regional Education Cooperatives - ndrea.org
Self-Regulation Assessment - [nd.gov/dpi/special education](http://nd.gov/dpi/special_education)
ADDitude - additudemagazine.org
And Next Comes L (Learning) - andnextcomesl.com
Collaborative for Academic, Social, and Emotional Learning (CASEL) - casel.org
Center for Social and Emotional Foundations for Early Learning (CSEFEL) - csefel.org
Child Mind Institute - childmindinstitute.com
Child Trauma Academy - childtraumacademy.com
Council for Exceptional Children - cec.org
Intervention Central - interventioncentral.org
Iris Center - iriscenter.org
Learning Disabilities Association of America - learningdisabilitiesassociationofamerica.org
OT Toolbox - theottoolbox.com
Understood - understood.org

Additional Activity Resources

Mazes - www.thesprucecrafts.com/free-online-mazes-1357461
I Spy (online) - www.scholastic.com/ispy/games/index.html
I Spy (printable) - www.papertraildesign.com/i-spy-game-printables/
Lego Building - www.lego.com/en-us/themes/classic/building-instructions
Kids' Yoga - www.youtube.com/c/CosmicKidsYoga/featured

Disclaimer: To provide a wide variety of resources to assist families and educators, this site links to external websites. All external links operate independently from the NDDPI. The department has established a regular review process in an attempt to keep this information up-to-date and accurate. However, neither the State of North Dakota nor any agency, officer, or employee of the State of North Dakota warrants the accuracy, reliability or timeliness of any information published by this system, nor endorses any content, viewpoints, products, or services linked from this system, and shall not be held responsible for any losses caused by reliance on the accuracy, reliability or timeliness of such information.

NDSRCL Grant Awards: In September 2017, North Dakota was notified it had been selected for an award of funds from the U.S. Department of Education for the Striving Readers Comprehensive Literacy (NDSRCL) Grant. The North Dakota Department of Public Instruction is excited to announce 15 sites across the state received grant awards to support disadvantaged children in literacy skill improvement. A site is comprised of a school district and community partners.

www.nd.gov/dpi/education-programs/literacy/north-dakota-striving-readers-comprehensive-literacy-ndsrl



For more information, please contact:

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Bismarck, ND 50505-0440
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www.nd.gov/dpi



**NORTH DAKOTA DEPARTMENT OF
PUBLIC INSTRUCTION**

