

10 Strategies for Supporting Emotional Regulation with AbleNet's Step-by-Step

Employing the Step-by-Step as a dynamic tool can enhance the learning journey for students with sensory processing challenges and those mastering emotional literacy, fostering a more engaging and expressive environment.

Social Stories:

Use the device to tell social stories that illustrate appropriate emotional responses to everyday interactions, helping students with social learning challenges.

Guided Sensory Exploration:

Record a series of prompts guiding students to explore different sensory stations, e.g., “Now, feel the soft fur,” followed by “Next, try squeezing the squishy ball.”

Sensory Storytelling:

Create a sensory-based story where each device press prompts students to interact with a sensory item in the room.

Positive Affirmations:

Record a series of positive affirmations related to self-esteem and emotional well-being that the student can play back to themselves, promoting a positive self-image and emotional resilience.

Emotion Cause and Effect:

Record a series of “If I feel... then I can...” statements. For example, “If I feel angry, I can squeeze a stress ball.” This teaches coping strategies for different emotions.

Coping Strategies:

For each emotion, record a coping strategy. For example, after “When I feel angry,” the following message could be “I take deep breaths.”

Relaxation Prompts:

Use the device to guide relaxation exercises with sequential instructions, such as deep breathing or progressive muscle relaxation.

Emotion Identification:

Record a series of emotions and have students press the device. After hearing each emotion, they can identify it by choosing the corresponding facial expression from cards or pictures.

Emotion Charades:

Record an emotion on the device. Students press the device to hear the emotion and then act it out without using words, while others guess.

Emotion Scale:

Record a scale of intensity for emotions (e.g., “not angry,” “a little angry,” “very angry”) and discuss with the student situations that might correspond to each level of intensity.

✦✦ *These activities can help students better understand, identify, and express their emotions, contributing to their emotional development and regulation skills.*

