SOAR!

Laurie Heyl, LCSW

Welcome to SOAR!

Dear Mom, Dad, Teacher, or Child Care Provider,

Thank you for reading **SOAR!** to the child, or children, in your care. This interactive coloring booklet is designed to introduce three simple and effective strategies for self-regulation to you and your child.

These tools—**S**elf-**O**bservation, Self-**A**wareness, and Self-**R**egulation—are presented as a series of simple, playful activities for you to share with children.

As you read through the booklet together, use sound effects and playful interaction to enhance your learning experience.

Plan to read this booklet to your child more than once, choosing from among the suggested questions and activities to match your child's level of interest and engagement.

Once you're familiar with the tools presented in **SOAR!**, invite your child to use them in other settings: at bedtime, in the classroom, in the kitchen, or while riding in the car.

Parents and other care providers can help children notice and change what's happening inside of them and equip them with skills for a lifetime.

Children learn best through play. Have fun as you learn to **SOAR!** with your child!

And now, sit back, relax, and enjoy your flight.

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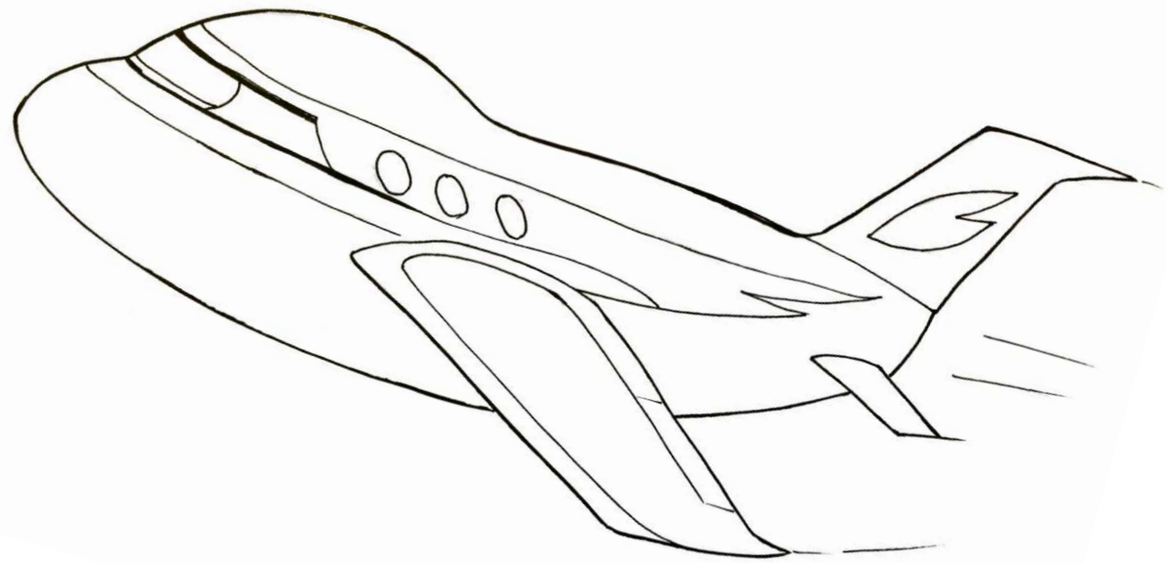

Laurie Heyl, LCSW, is an Accredited, Certified, Advanced EFT Practitioner who enjoys sharing simple strategies for self-regulation with children and adults.

Editor: Jennifer Jao, qualityediting.net.
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To download additional coloring pages, visit CompassionateFamilies.com/resources.

Part 1: Flight Check

Imagine yourself looking in a mirror.

Is the mirror in your bathroom or in your bedroom?
Is it on the wall, or are you holding it in your hand?

If you want to, you can look in a mirror right now if you have one nearby. I'll be right here waiting for you when you get back.

What do you see when you look in a mirror? What does the expression on your face look like? Are you sitting down or standing up?

Notice what you're wearing. What are you doing?

Notice what you're thinking about. How are you feeling?

Are you tired, hungry, or thirsty?

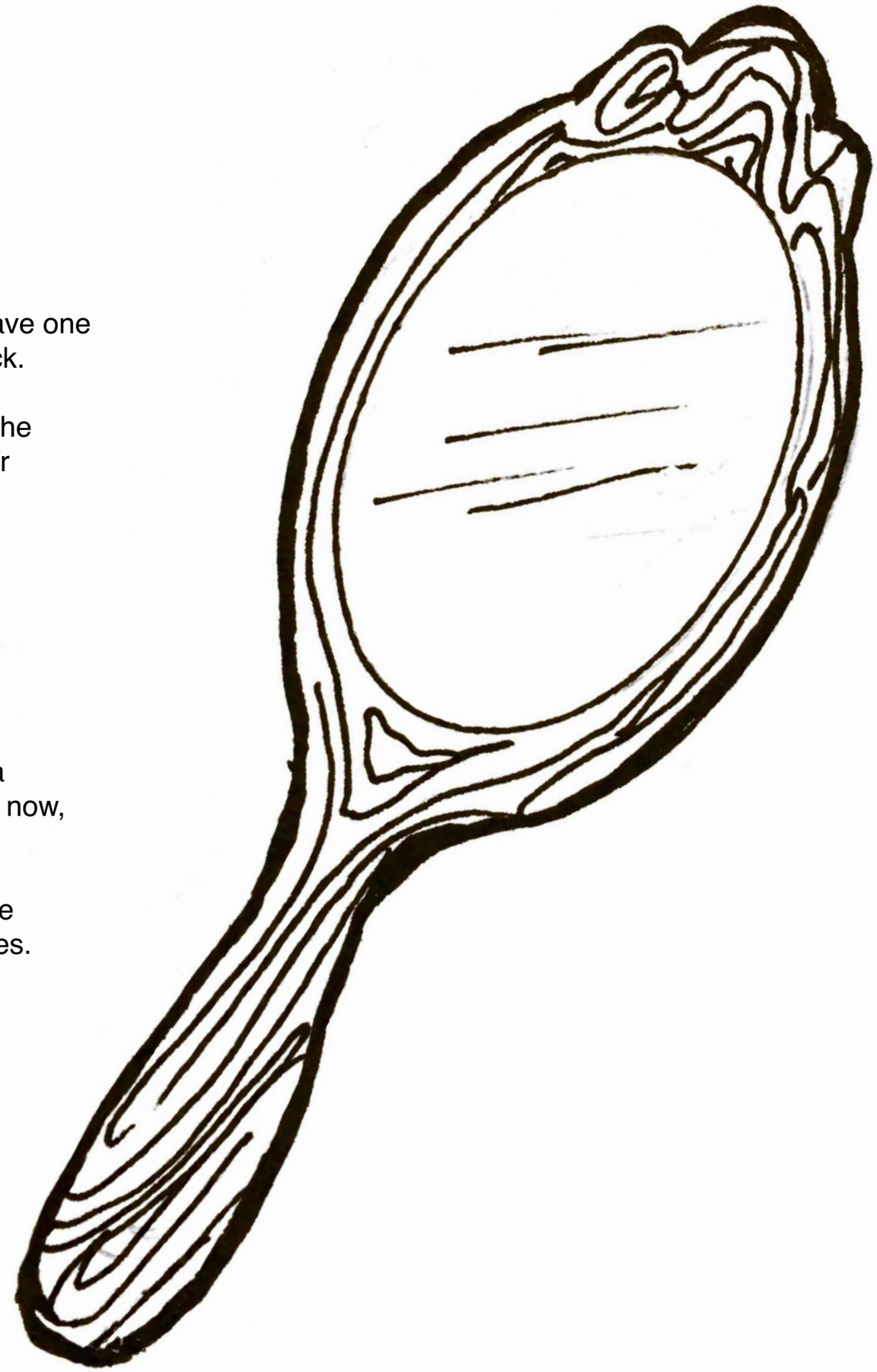
Maybe you'd like to take a nap or have a snack or drink a glass of water. If you'd like to do any of those things right now, do them if you can.

Would you like to tap your feet or jump up and down three times? Maybe you'd rather wiggle your fingers or your toes.

If you'd like to do any of those things right now, do them if you can.

I'll be right here waiting for you when you get back.

Ready?



Part 2: SOAR!

This is a book about learning how to **SOAR!**

You'll learn three steps you can take to feel calmer and make choices.

These steps are so easy you may have taken the first one without even noticing!

You're already learning to **SOAR!**

The first step is **S**elf-**O**bservation.

Here's what **S**elf-**O**bservation means: when you look at yourself in a mirror, or pretend you're looking in a mirror, you're observing yourself. **S**elf-**O**bservation is just a way of saying that you're looking at yourself.

You can pretend you're looking at yourself from the other side of the room if you want to.

What would you see if you were looking at yourself from the other side of the room?

What would you see if you were looking at yourself from the ceiling?

What would you see if you were looking at yourself from behind?

What would you see if you were looking at yourself upside down?

That would be silly, wouldn't it?

Even though looking at yourself upside down would be silly, the ability to **O**bserve yourself is an important skill.

It's the first step you take when you're ready to **SOAR!**

Self-**O**bservation is important because it helps you know when you're tired, hungry, or thirsty so you can take a nap, have a snack, or drink a glass of water when you need one.

Self-**O**bservation is noticing what you're doing so you can make choices.

Self-**O**bservation is noticing what you're thinking and how you're feeling.

As you **O**bserve what you're doing, what you're thinking, and how you're feeling, you'll also develop **A**wareness.

Self-**O**bservation and **A**wareness may sound like they're the same, but they're actually two different skills. Both are important when you're ready to **SOAR!**

Self-**O**bservation is noticing what you're doing, thinking, and feeling; it's like looking at yourself from the outside.

Self-**A**wareness is noticing how you feel on the inside.

It's the second skill you'll need when you're ready to **SOAR!**

Tap your foot. What are you **A**ware of when you tap your foot?

Now wiggle your fingers or your toes. What are you **A**ware of when you wiggle your fingers or your toes?

What are you **A**ware of when you're tired or hungry or thirsty?

How do you feel inside when you're tired or hungry or thirsty?

How do you feel inside when you're excited? When you're happy or sad or worried or angry or scared?

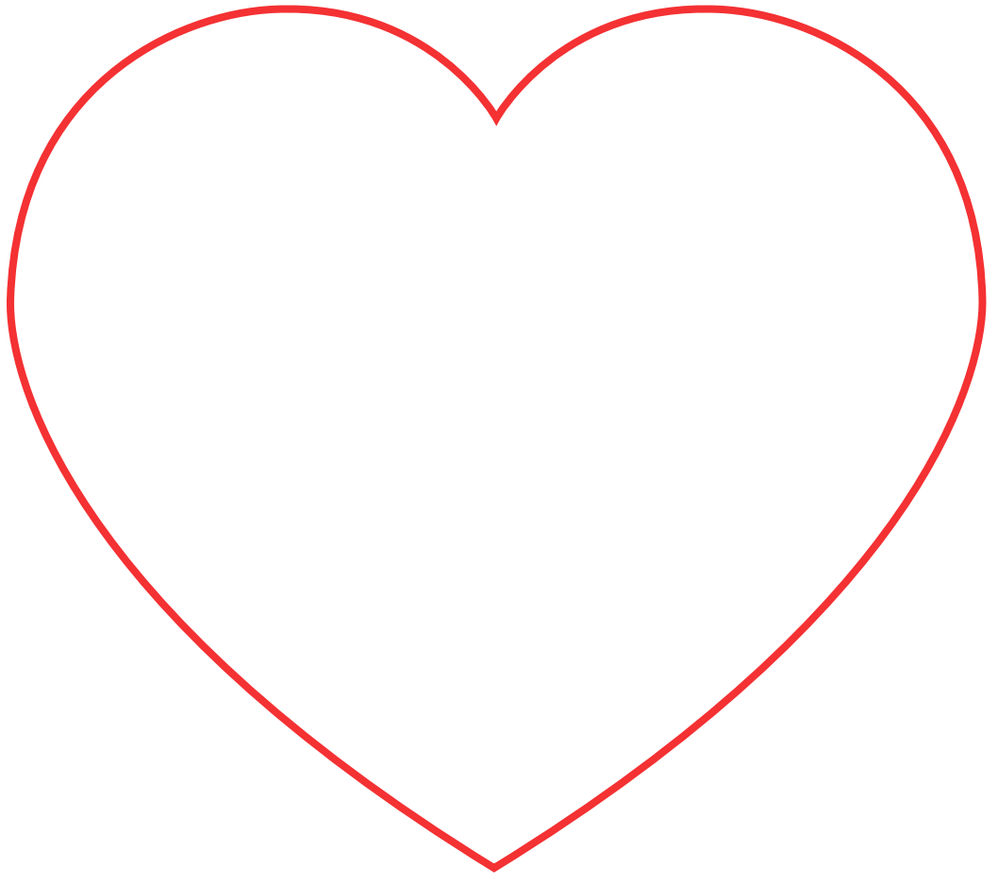
The next time you feel any of those feelings, try placing your hand over your heart. Notice how it feels when your hand is resting gently on your chest, near your heart. Some people feel a little calmer and a little quieter inside when one hand rests over their heart.

You can place your hand over your heart right now if you want to. If you decide to rest your hand on your heart right now, notice how you feel inside while your hand is there.

Did you try it? Now try resting the other hand on your heart. Which one feels better? You can rest both hands on your heart at the same time if you want to! Notice which way feels best for you.

You're already becoming more **A**ware of how you feel inside!

You're learning to **SOAR!**



You can draw a picture of your hand here if you want to.
Then place your hand on your heart.

Part 3: Check Your Engine

Self-**O**bservation and **A**wareness help us develop another important skill called **R**egulation.

Regulation is the ability to notice and change your thoughts, feelings, and behavior. You can practice **R**egulation right now if you want to. It's easy! I'll show you how.

Are you ready to **SOAR**? Imagine yourself seated in the cockpit of your very own airplane. If you could fly anywhere you wanted, where would you land?

Ready for take off?
First check your engine.

Is your engine running too fast, too slow, or just right?

Are you in the red zone, the blue zone the green zone?

It's time for another flight check.

Flight Check: 3 - 2 - 1—**SOAR!**

Notice:

3 things you can see
2 things you can hear
1 thing you can touch

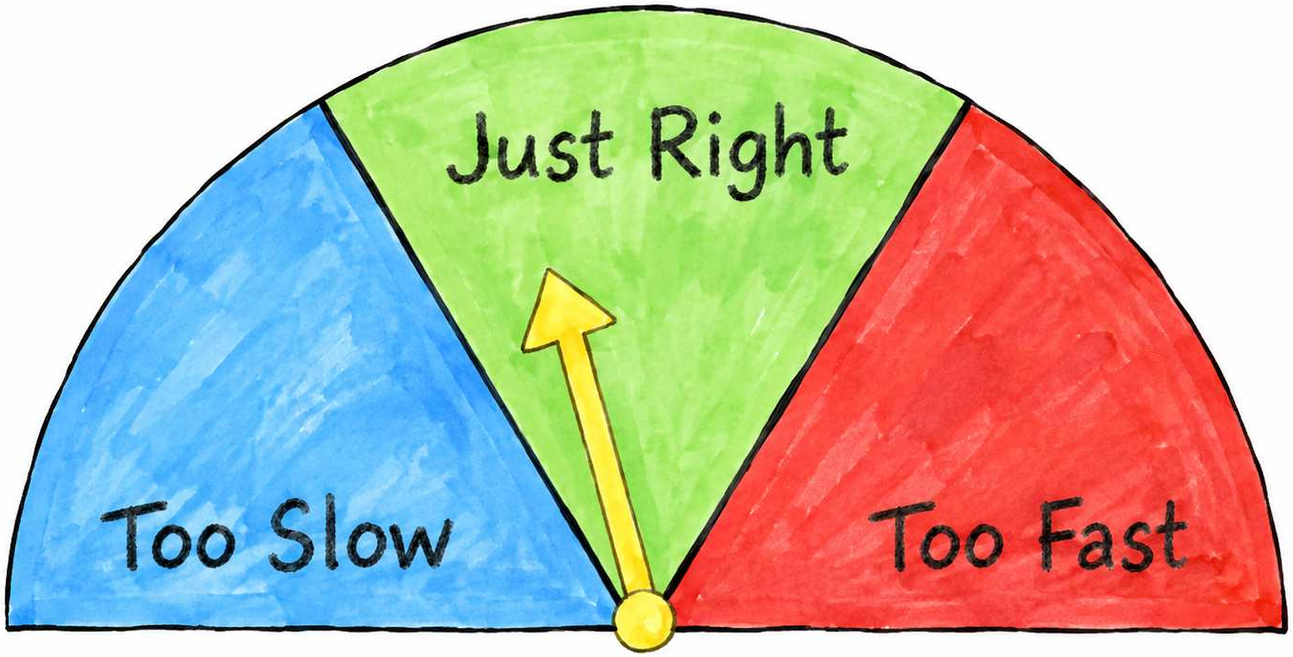
3 - 2 - 1—You're ready to **SOAR!**

Now, fly around the room if you can! If you can't fly around the room right now, pretend you're flying around the room instead.

What do you see as you fly around the room?
What do you hear when you fly around the room?
What do you feel as you fly around the room?
Do you feel the wind against your windshield?
If not, what do you feel?

While you're flying, adjust the gauges on your control panel.

Pretend you're **O**bserving yourself sitting in the cockpit of your plane. What do you see?



Now become **A**ware of how you feel inside. What are you **A**ware of on the inside?

Notice what you're feeling. Give your feeling a name.

Tell someone you trust. "I'm feeling _____ ."

Tell yourself you're learning to **SOAR!**

Say your name if you want to. Say, "I'm _____, and I'm learning to **SOAR**!"

Tell someone you trust that you're learning to **SOAR!**

Now you're ready to **SOAR!** even higher!

Did you know the cockpit in your airplane has a special handle called a joystick? You can use the joystick in your airplane to fly even higher. Pretend you're moving the joystick in your airplane right now.

Pretend you're **SOAR**ing even higher!
Notice how you feel when you move the joystick in your airplane. Can you feel the difference? Did you like it? If you want to you can make that feeling even bigger! Try it right now!

Did you know that if you like the way you feel, you can make your feeling even bigger? If you want to, you can try it right now.

Notice how you're feeling right now. What color is your feeling?

Now make your feeling even bigger! If you want to, you can make the color even brighter!

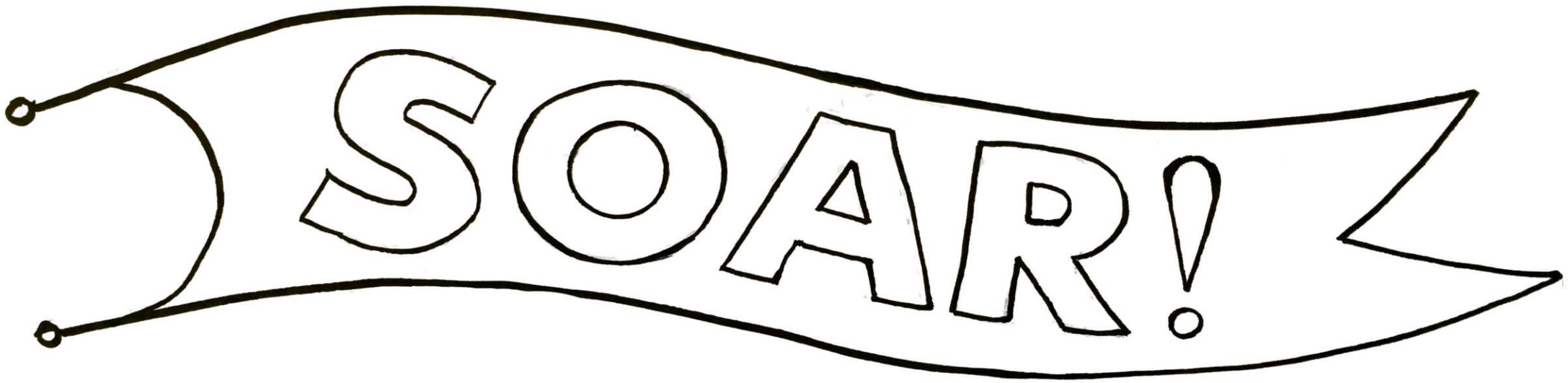
Can you imagine a feeling that's even bigger than you are? Use your joystick to make your feeling as big as you can.

Now it's time to come in for a landing. (Take a moment to **O**bserve yourself and your surroundings. Notice how you feel inside. What are you **A**ware of now? Tell someone you trust.)

Where have you landed?

Next time, you'll be ready to **SOAR!** even higher!

The sky is the limit when you know how to **SOAR!**



Now that you know how to ***SOAR!***, you'll be ready to ***SOAR!*** even higher!

The sky's the limit when you know how to ***SOAR!***

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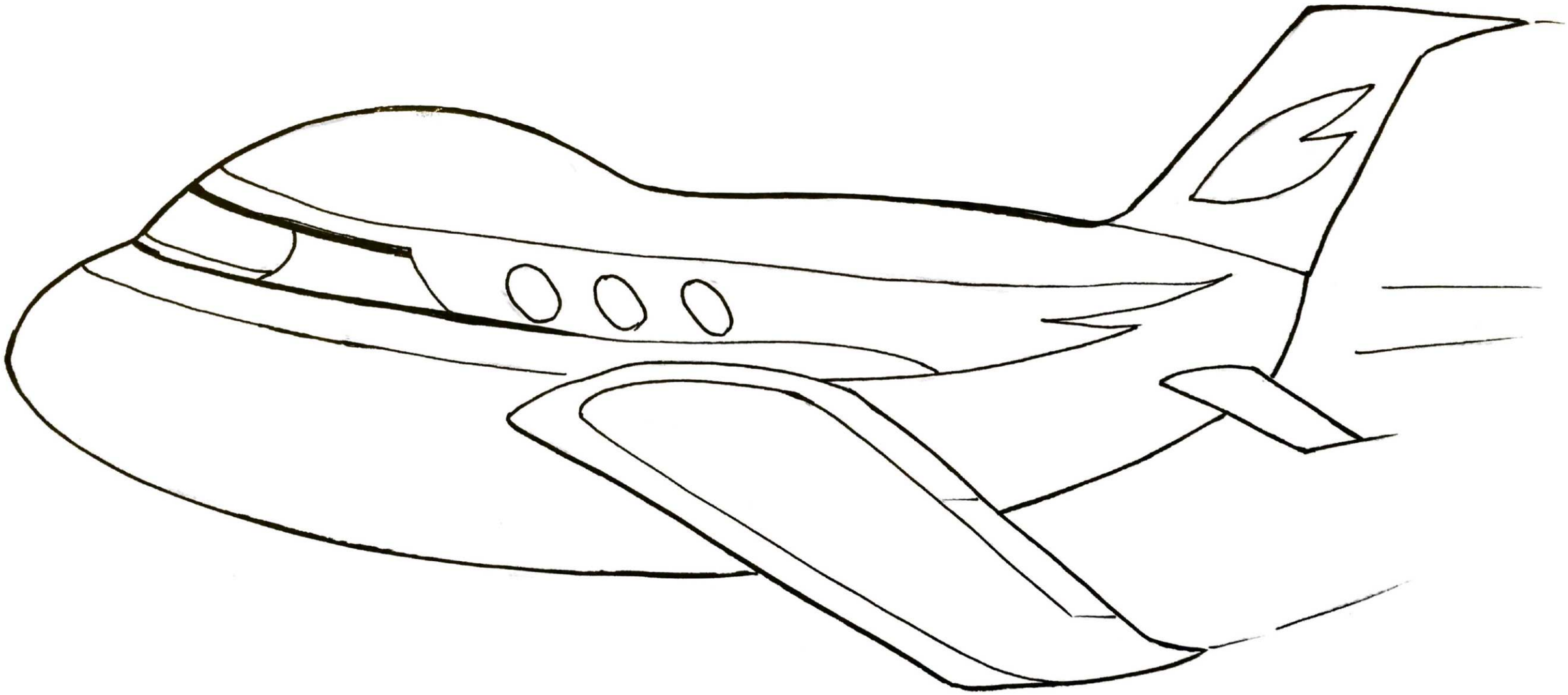
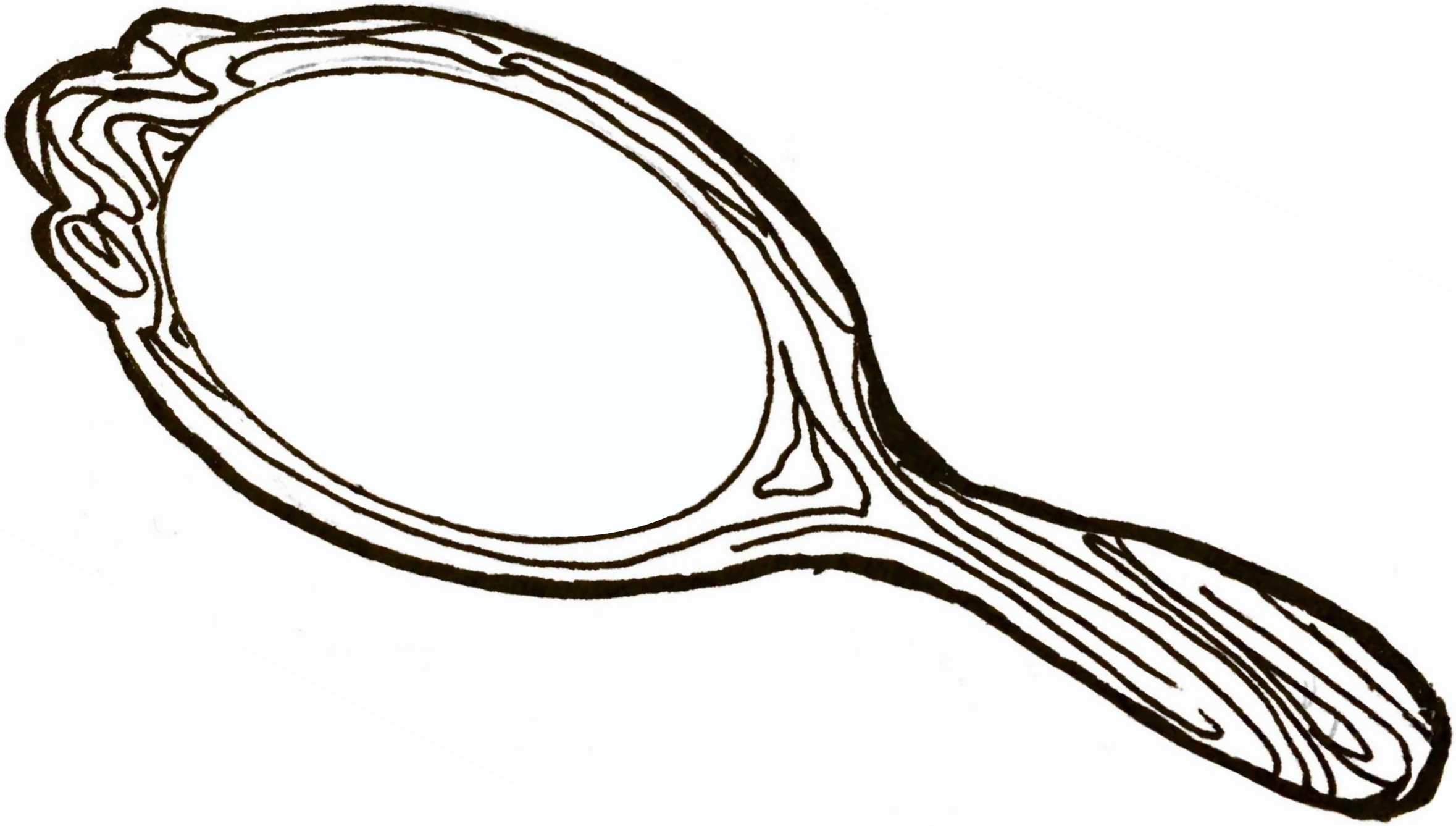
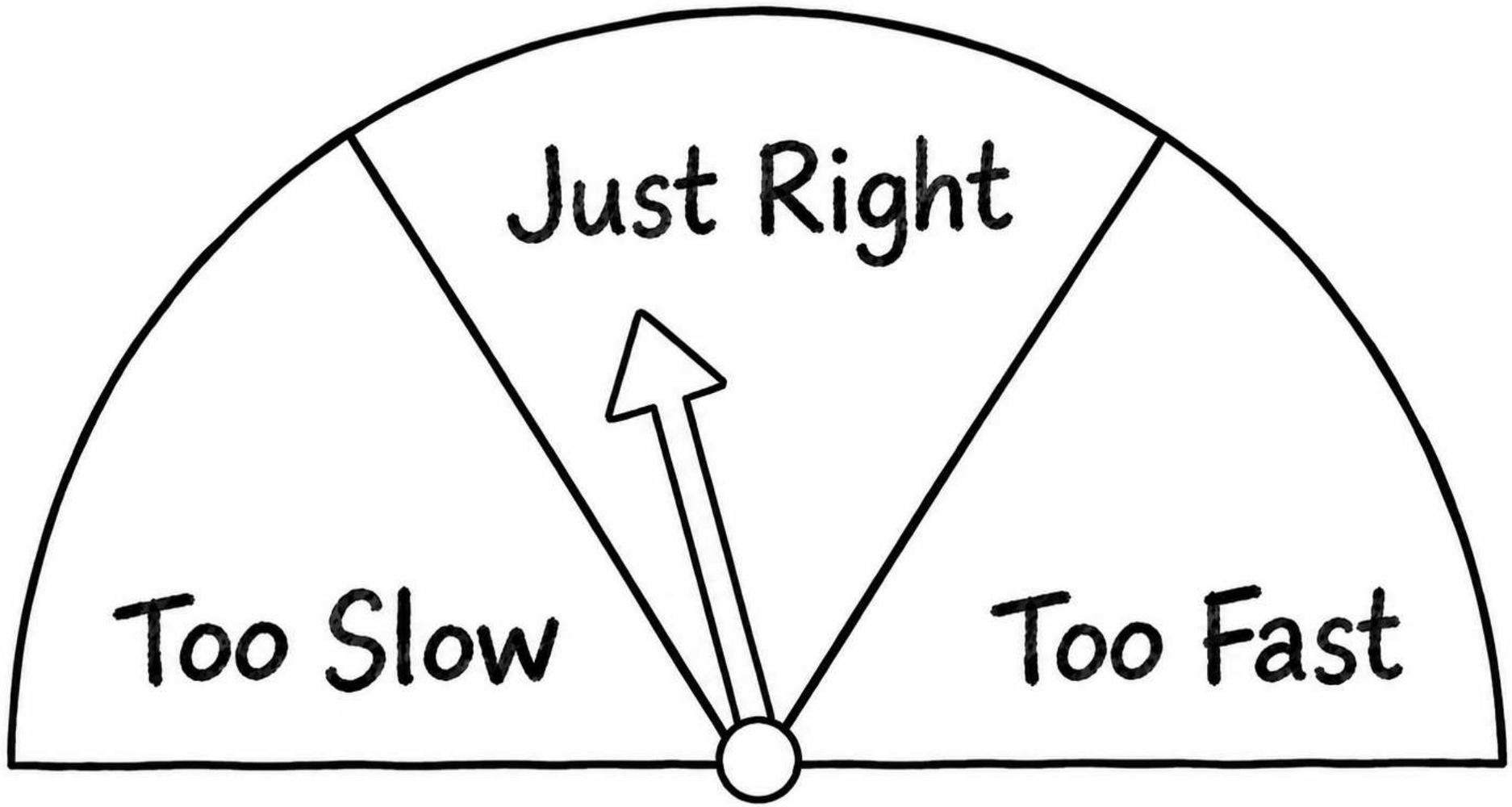
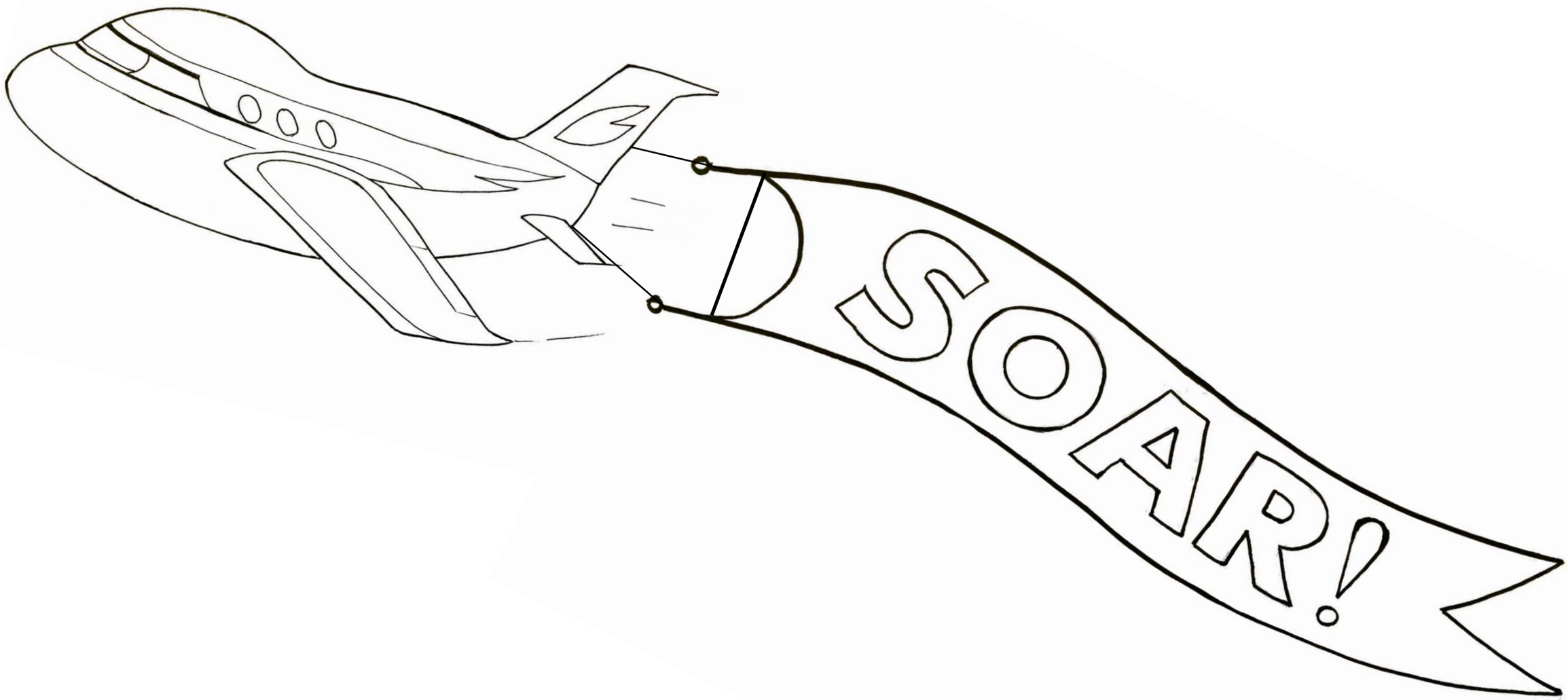




What do you see when you look in the mirror? You can color a picture of yourself here if you want to.


Just Right
Too Slow
Too Fast



Now that you know how to ***SOAR!***, you'll be ready to ***SOAR!***