SOARing!

Laurie Heyl, LCSW

Welcome to SOARing!

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

Thank you for reading ***SOARing!*** to the child, or children, in your care. This interactive coloring booklet is designed to introduce three simple and effective tools 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 ***SOARing!***, 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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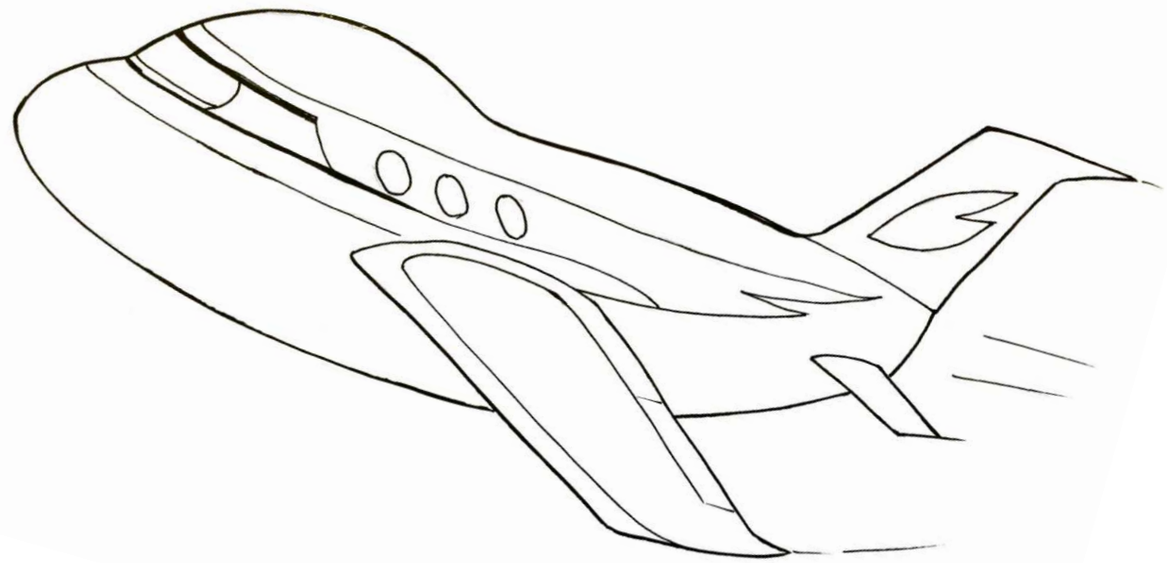


Laurie Heyl, LCSW, is an Accredited, Certified, Advanced EFT Practitioner who enjoys sharing simple strategies for self-regulation with children and adults.

Editor: Jennifer Jao at qualityediting.net.
Illustrator: Mary Biss, a cherished friend.

To download additional coloring pages, visit CompassionateFamilies.com/resources.

SOARing!

Now that you know how to ***SOAR!*** you're ready to ***SOAR!*** even higher!

In ***SOAR!*** you discovered three important skills that can help you feel calm and make choices.

The first skill is **S**elf-**O**bservation. Self-Observation is noticing what you're thinking, feeling, and doing. It's like looking at yourself from the outside.

The second skill is **A**wareness. Self-Awareness is noticing how you feel on the inside.

The third skill is **R**egulation. Self-Regulation is the ability to monitor and modify your thoughts, feelings, and behavior.

Monitoring something is a lot like watching it. Pilots monitor the gauges in an airplane so they know when the plane is ready to ***SOAR!***

Modifying something means changing it. Pilots modify the flight plan for an airplane to be sure it reaches its destination.

Now you know about Self-Observation, Awareness, and Regulation.

But do you know you can practice all three at the same time?

When you practice all three at the same time, you can ***SOAR!*** even higher!

It's easy. I'll show you how.

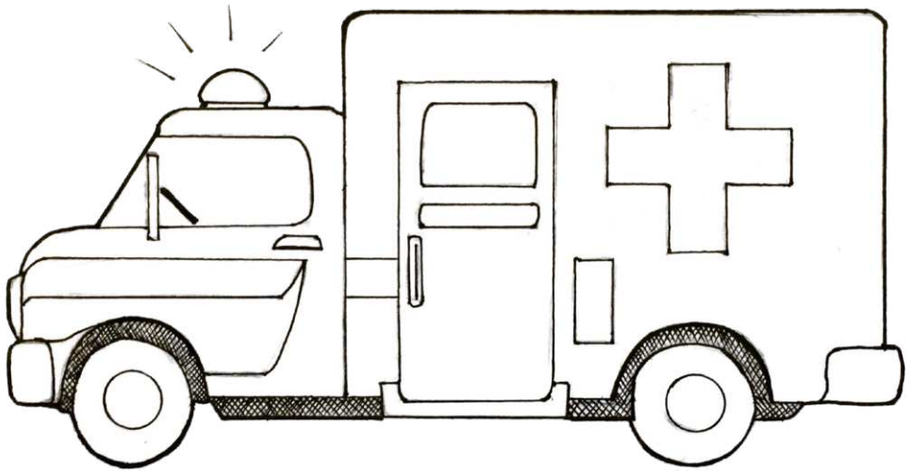
But before we take off, it might be helpful to know about three important regions in your brain.

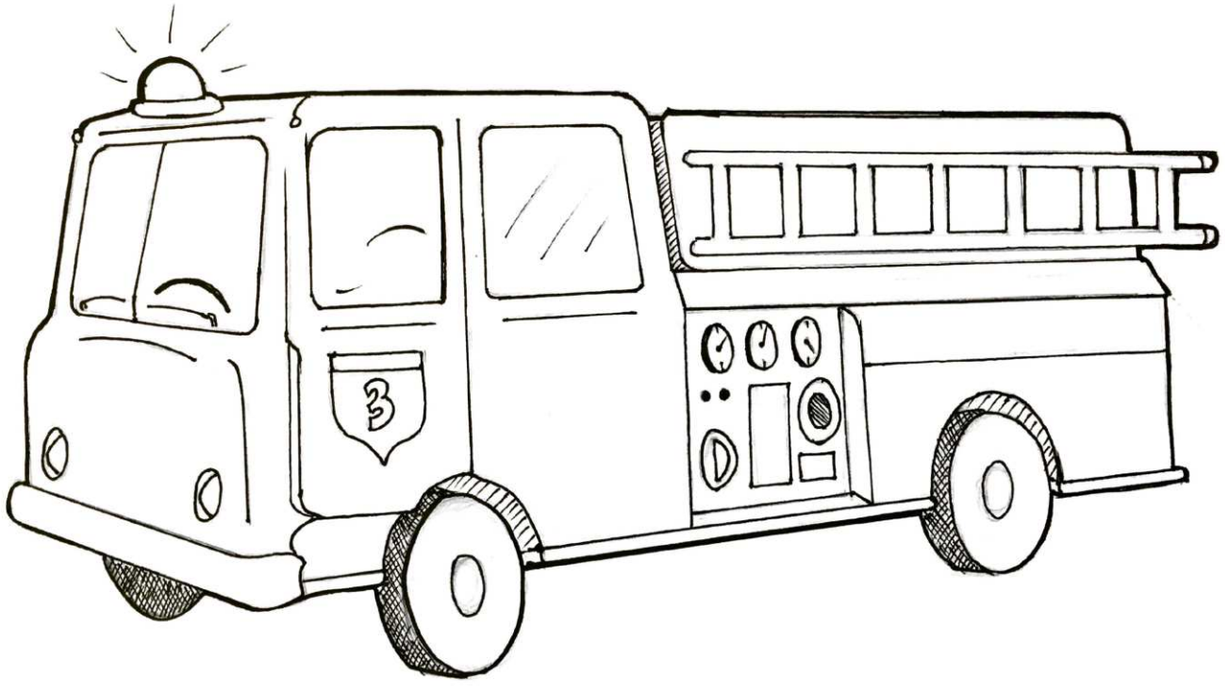
The Lower Part of Your Brain

If you put your hand on the back of your neck it will be near the lower part of your brain. The lower part of your brain connects everything above your neck with everything below your neck. It connects your body and your brain.

The lower part of your brain is like one of the first responders at a busy airport. First responders are people like firefighters, paramedics, and police men and women. They're often the first ones to respond when someone needs help, and they're always ready to jump into action when someone's in danger.

The lower part of your brain helps you react quickly when you need to—its job is to protect you and keep you safe.



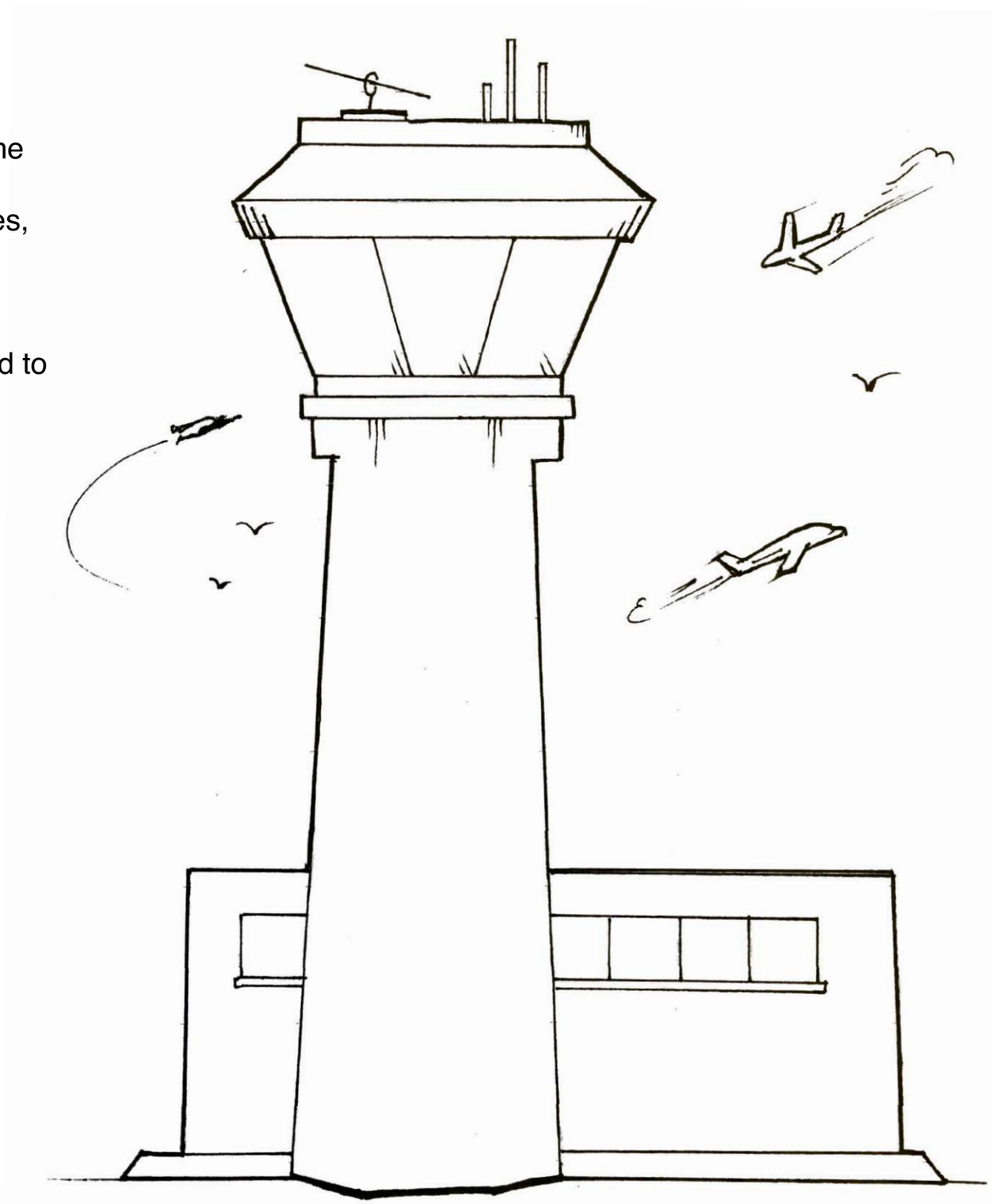


The Middle Part of Your Brain

The middle part of your brain is located behind your eyes and between your ears.

The middle part of your brain is like an air traffic controller in the control tower at the airport. Air traffic controllers are always scanning the environment for incoming traffic—including planes, birds, and superheroes.

The middle part of your brain is always looking out for you. It sends messages to the lower part of your brain when you need to react quickly to stay safe. The lower part of your brain and the middle part of your brain work together as a team.



The Upper Part of Your Brain

The upper part of your brain is like the pilot in an airplane. Although some systems in an airplane operate on autopilot, others are controlled by the actual pilot. Pilots monitor information from every system in the plane to be sure it stays on course.

Like the pilot in an airplane, your upper brain receives information from every system in your body and your brain. All of these systems work together to help you reach your destination.

The upper part of your brain helps you feel calm and make choices.

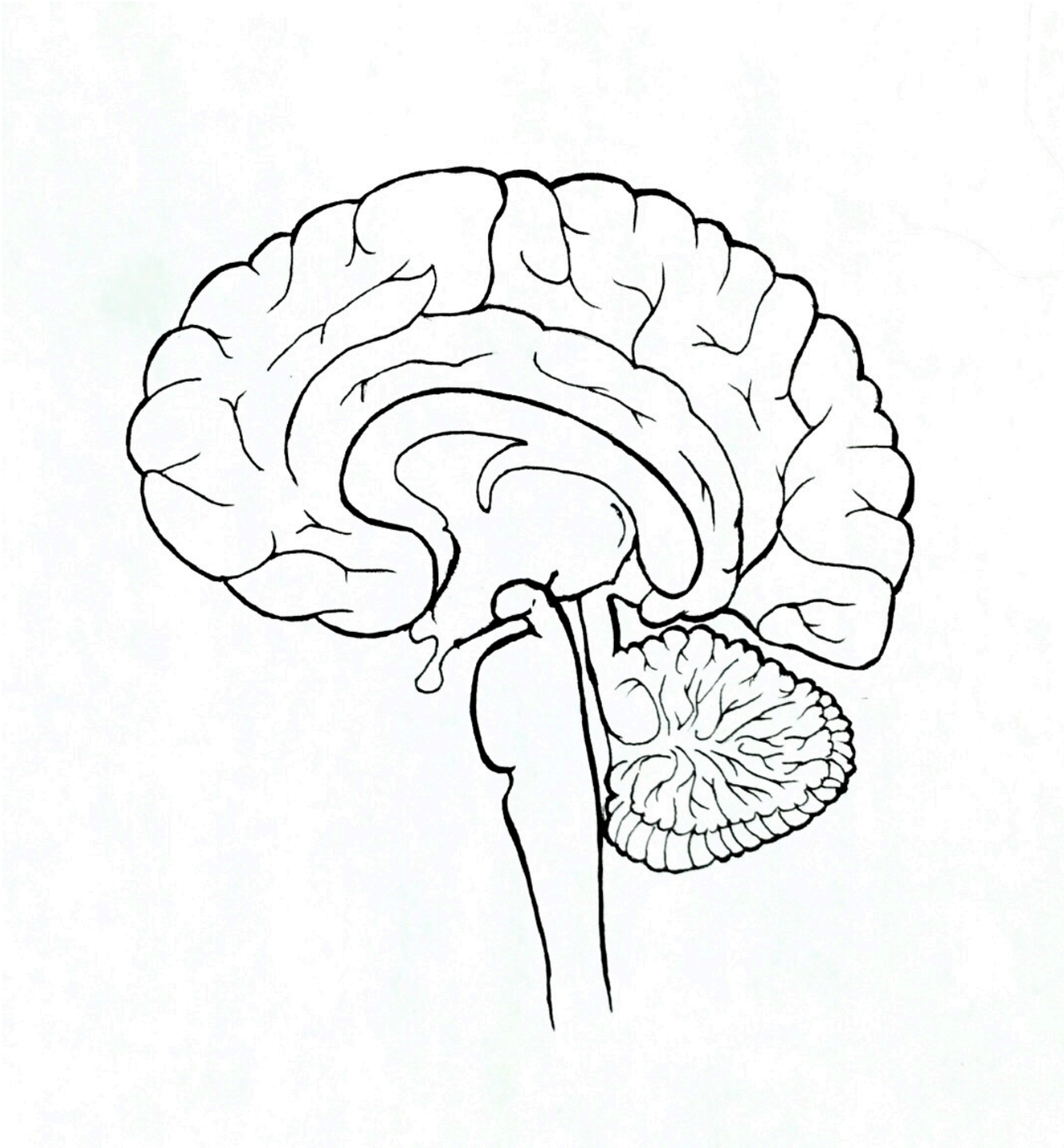
The upper part of your brain helps you with Self-Observation, Awareness and Regulation.

Practicing Self-Observation, Awareness and Regulation will make the upper of your brain bigger and stronger. The more you practice, the better you'll get.

You can practice Self-Observation right now if you want to. This time, you'll also need your imagination.

First, imagine you're in an airplane. Are you the pilot or are you a passenger? Where are you sitting? Are you looking out of the window? Is someone sitting next to you? What are you wearing?

Now pretend you're on the ground, watching the plane take off - with you inside! Are you watching yourself take off? If you are, you're using your imagination to practice Self-Observation. You're getting ready to ***SOAR!***

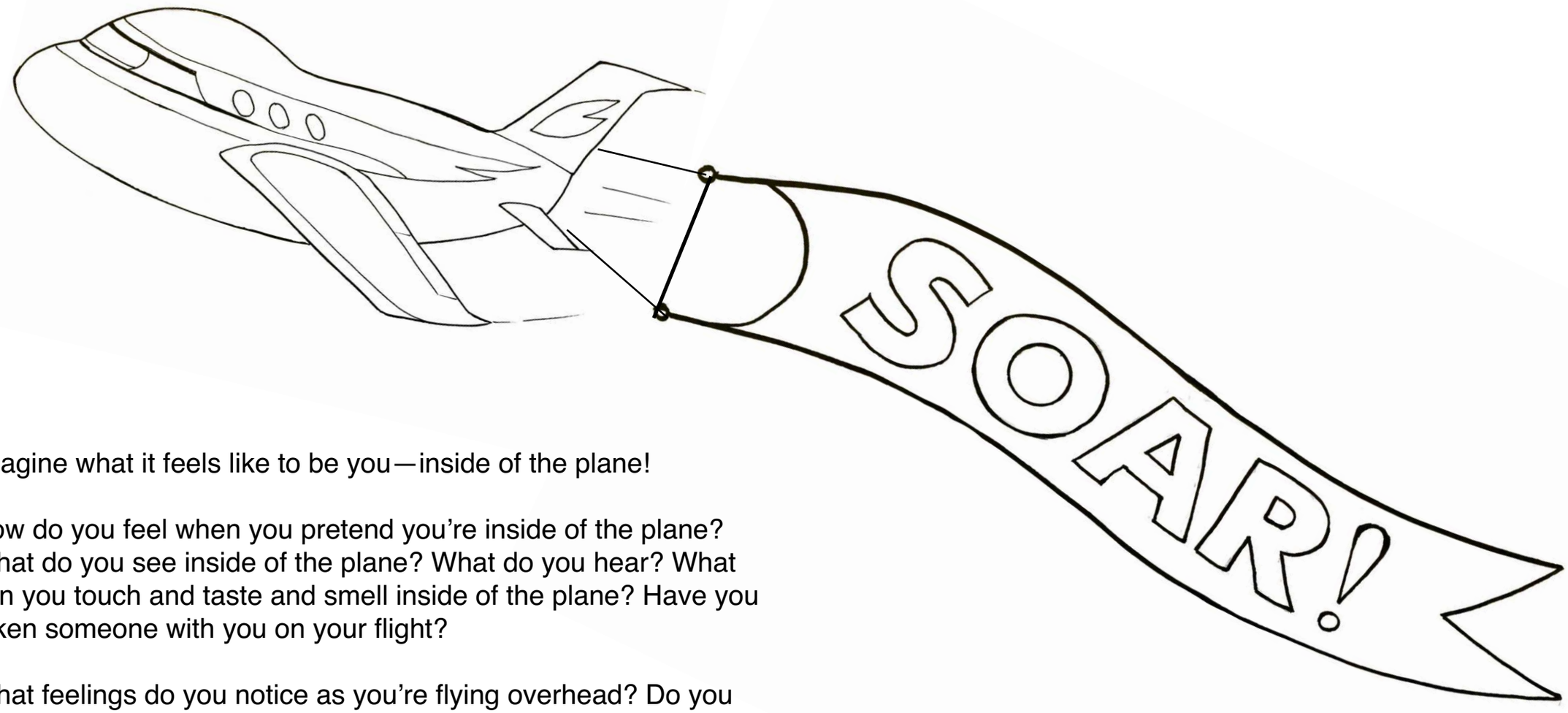


What do you see as you watch yourself flying overhead? What do you hear? Can you feel the wind on your face as you watch the plane flying overhead?

Now pretend you're inside of the plane! Are you the pilot or a passenger?

How do you feel just before the plane takes off? How do you feel as the plane lifts off into the air? How do you feel when you're high in the sky looking down at the ground?

Do all of the people and animals on the ground look like they're really small?



Imagine what it feels like to be you—inside of the plane!

How do you feel when you pretend you're inside of the plane? What do you see inside of the plane? What do you hear? What can you touch and taste and smell inside of the plane? Have you taken someone with you on your flight?

What feelings do you notice as you're flying overhead? Do you feel excited or happy or scared? Do you feel sad or worried or bored? How do you know what you're feeling?

Notice how you're feeling inside as you pretend you're flying in the plane. Where do you feel these feelings in your body?

Are you Aware of how you feel inside when you pretend you're in an airplane? If you feel worried, or sad, or scared when you pretend you're in an airplane that's OK. I'll show you something you can do that might help you feel better.

Try tapping your foot or tapping your fingers or your toes. Now gently tap your fingers on the side of your hand.

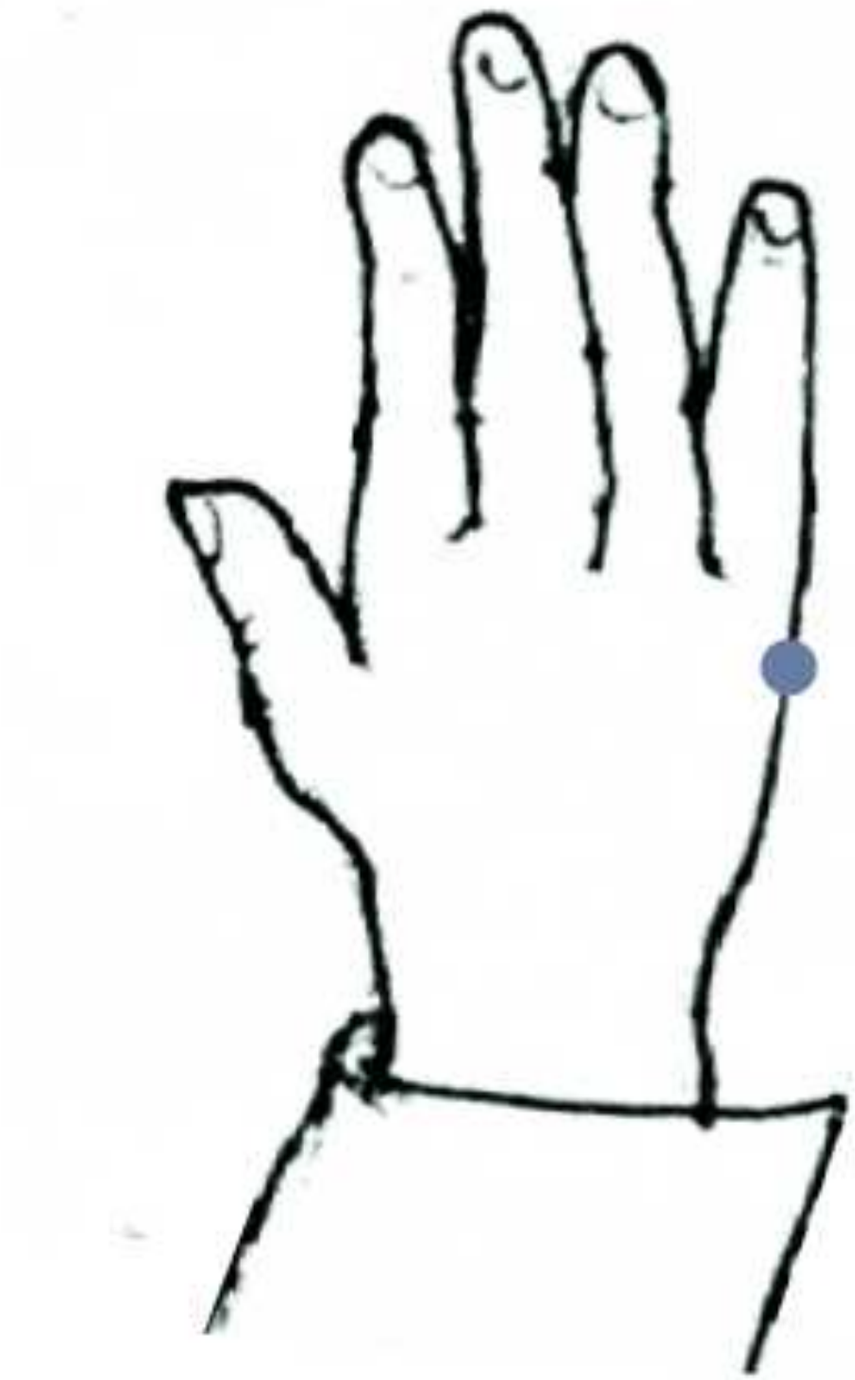
While tapping on the side of your hand, say,

"Even though I feel _____
(say the emotion you're feeling)

in my _____
(say where you feel your emotion in your body),

I'm OK.
(You can also say "I'm safe on the ground ***or*** I'm safe in this room ***or*** I'm safe right now.")

Say this three times, while tapping on the side of your hand.



Now tap on the top of your head as you imagine how you would feel if you were flying on an airplane! If you want to you can say the emotion you're feeling as you tap on the top of your head!

Here are some more places you can tap. If you want to, you can say the emotion you're feeling as you tap on each of these places too.

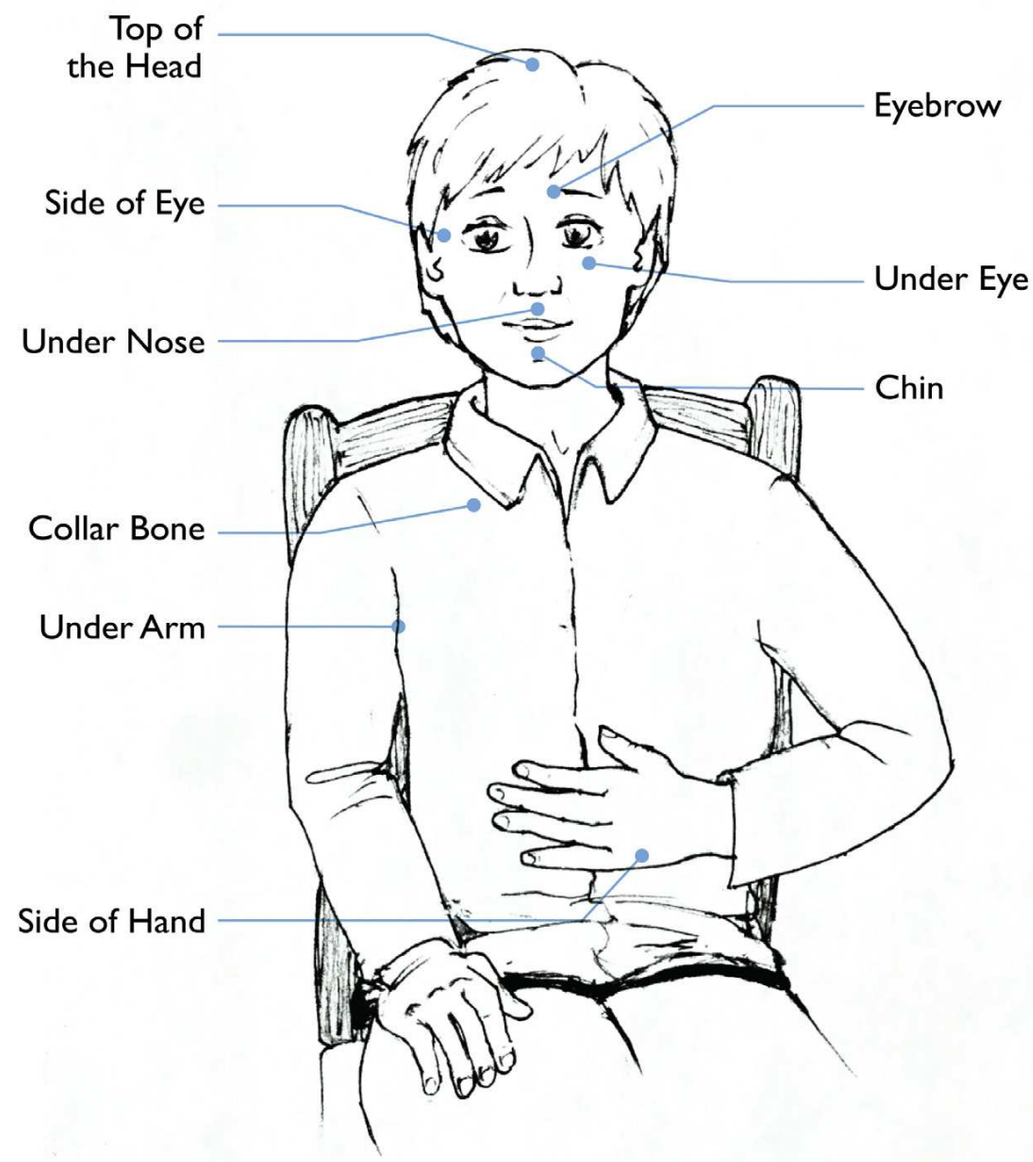
Gently tap on the inside of your eyebrow, near the top of your nose. Now tap on the outside of your eye, on the side of your eye socket. Tap gently! Next, tap under your eye, on your cheekbone.

Now tap under your nose, where your mustache would be if you had one.

Next, tap the place below your lower lip and above your chin.

Find your collar bones. They're located below the collar of your shirt. You have two of them, one on each side. Tap on the soft places located just underneath your collar bones. Use both hands, so you can tap on both sides. If you want to, you can cross your hands and tap the collar bone on the opposite side!

Now, tap under your arms, a few inches below your armpit. You can tap under both of your arms at the same time if you want to!



Did you try it? Notice how you feel inside now. Are you Aware of the way you feel inside when you pretend you're flying in an airplane after tapping? Do you feel different, or do you feel the same?

Tapping with your fingertips is a rhythmic activity. Rhythmic activities like dancing and tapping your feet or your fingers while listening to music can help you feel Regulated.

When you're Regulated, all of the important parts of your brain are working together to help you feel calmer and make choices.

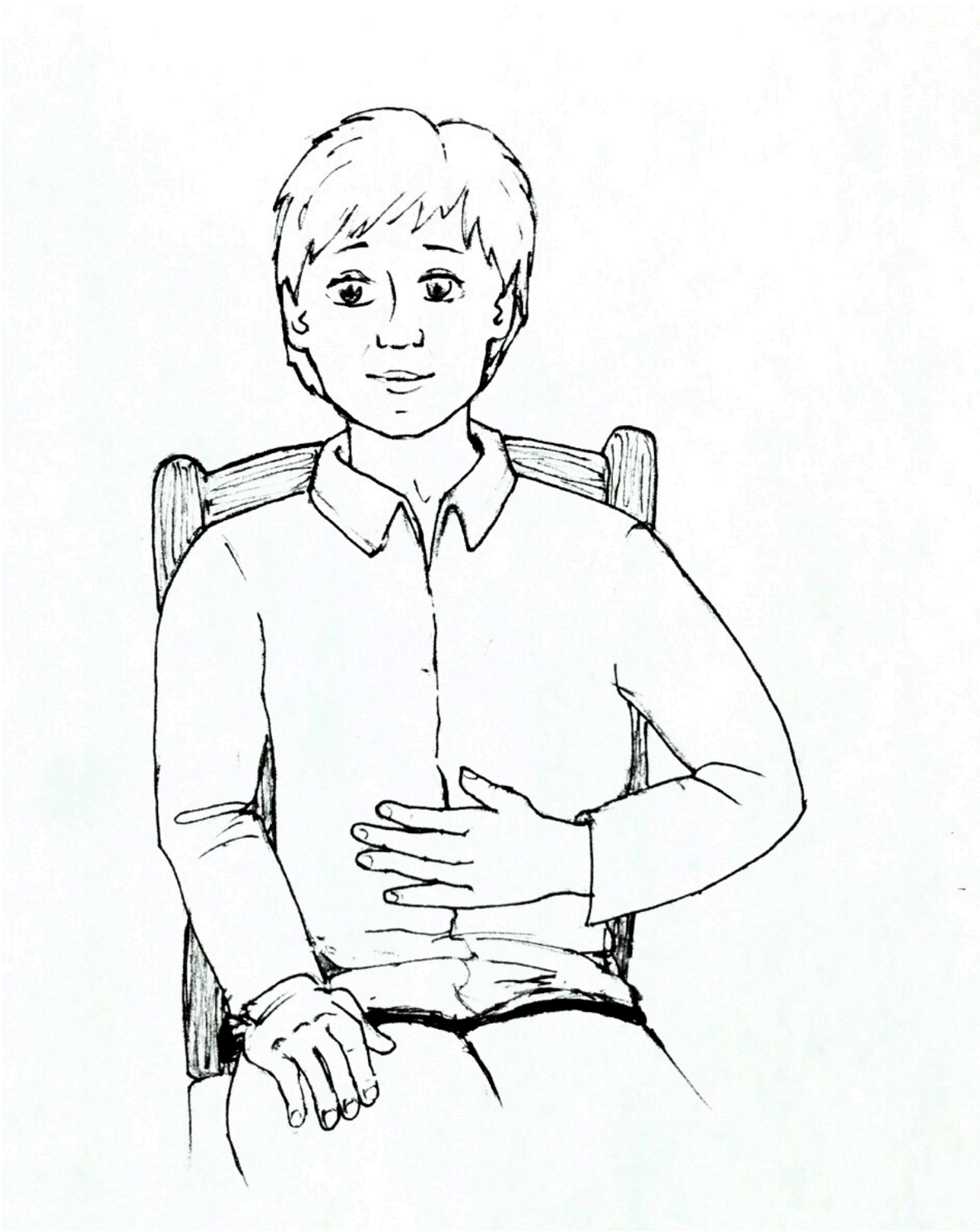
You can use your imagination to practice and pretend anything you want! You can imagine times when you might feel happy, excited, scared, angry, or sad.

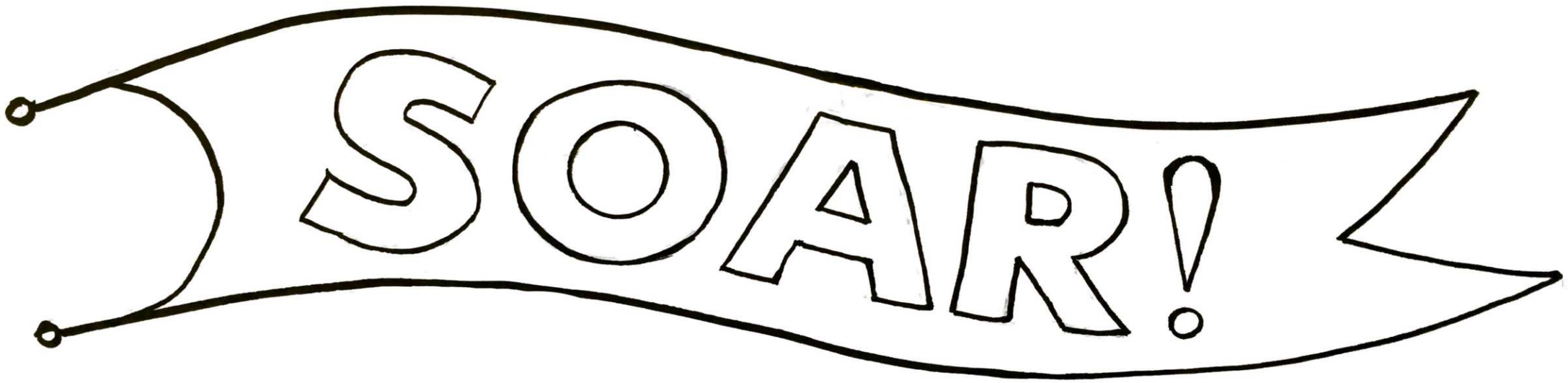
Observe what you're thinking, feeling, and doing as you imagine and pretend.

Practice being Aware of how you feel inside as you imagine and pretend.

If you want to, you can practice tapping to help yourself feel Regulated as you imagine and pretend. Practicing and pretending will help you feel calmer and make choices.

If you want to, you can draw the tapping points on the picture of the boy.





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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