



SEND Parent Drop In ASC & Anxiety - 14.12.23

What do you do for yourself when you are feeling...

upset



worried



angry



excited



What would you do to help someone else feeling like this?



What is an Emotional Response?

An emotion is 'a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioural or expressive response'

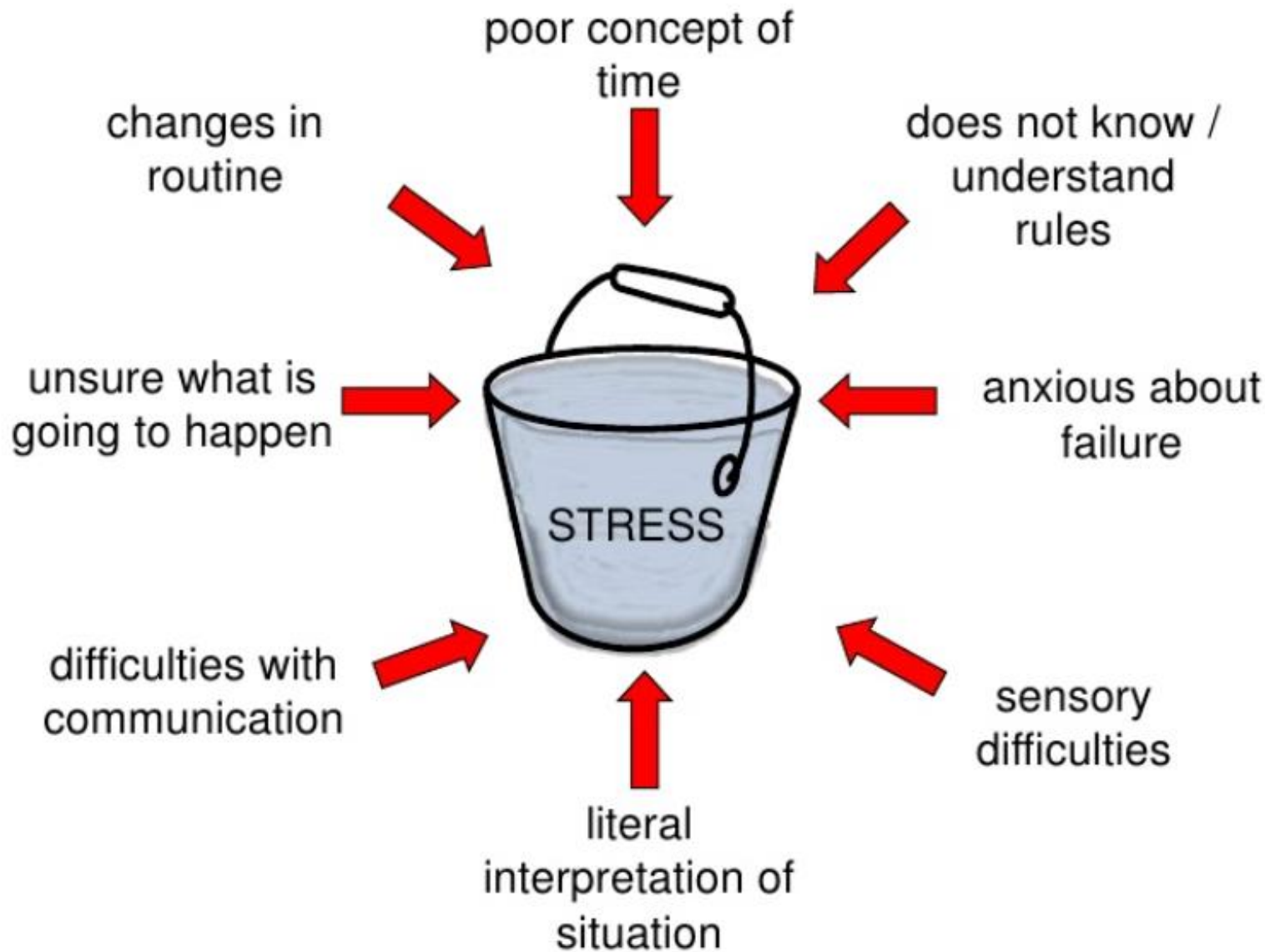
Don Hockenbury and
Sandra E Hockenbury
"Discovery Psychology"



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Pupils on the autism spectrum live with high levels of stress and anxiety.
Regulation strategies help empty the bucket



Key Terms

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others

- **Regulation** is controlling our level of arousal
- **Emotional regulation** is a person's ability to manage and respond to an emotional experience
- **Self-regulation** is the ability to independently understand, control, and modify our own behaviour

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Why are Emotions Difficult to Learn?

- Some find it difficult to identify more complex emotions beyond happy / sad / anger / bored
- Some may use names of emotions incorrectly
- Some can't separate their emotions so it can feel like a 'solid mass'
- Some have heightened emotional states and feel everything
- Some have a limited range and experience fewer emotions
- The language around emotions is complex; they are abstract in nature
- There is a wide spectrum covered by a single word
- There are individual differences in expression

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<https://www.youtube.com/watch?v=BnOIsTVorCs>



Thank - you & enjoy
your Christmas!



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