

PlayRx Play Date

June 2024 - Self Regulation and Mindfulness

Staff Spotlight

This month's staff spotlight is Rylee Holland, COTA/L. Rylee has been a wonderful addition to our team, and we are so excited to have her. This month she is going to share tips and tricks for self regulation and mindfulness. She practices mindfulness through these techniques in her personal life to work on her emotional regulation and self-awareness, which has provided her with many benefits emotionally, mentally, and physically. Anyone can participate and benefit from them, which is what she loves about it! Rylee loves anything art-related (drawing, painting, etc.), reading, spending time in nature with her husky, Ocean, and hanging with her friends and family!



Self-regulation and Mindfulness

- Self-awareness - understanding what you are doing as well as what is occurring in your environment
- Self-regulation - the ability to handle your emotions and behavior under the demands of that specific situation/environment
- Mindfulness - the practice of maintaining a state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

Children encounter multiple circumstances daily that require the skill of self-awareness and regulation to handle a situation with the most success. When a child learns how to regulate their emotions, they can communicate more effectively with peers, gain self-confidence to make their own choices, and persist in challenges they are faced with.

When needed, a child should be able to attain an ideal level of self-awareness and mindfulness so that they can identify their emotions and how they are feeling inside. There are various techniques and strategies to help your child achieve an optimal level of self-regulation.

- Ways to work on self-regulation of emotions through fun and interactive activities:
 - Regulation Station/Calm Down Area - a (sometimes) enclosed and calm visual place for your child to sit with a variety of self-regulation materials including bean bags, large pillows, yoga mat, headphones, books, lava lamps, weighted plush toys, etc.
 - Calm Down Toys - weighted stuffed animals, fidget spinners, kinetic sand, body sock, crash pad, sensory bottles (Can DIY at home!! Scan QR code for link)
 - Yoga - supports identifying and recognizing feelings by practicing mindfulness and connecting to your breath, which helps you learn to regulate your emotions more effectively; encourages patience, focus, and discipline as well

Developmental Tips



Play at home



Yoga Dice

Yoga dice are a kid-friendly yoga game that encourages mindfulness and self-regulation but can also incorporate turn-taking, following directions, body awareness/positioning, and more.



Blue Nyla Yoga

When?- classes available throughout the week

What? - Kid-friendly program that offers yoga classes for kiddos ages 6-15. Targets emotional regulation, mental and academic impact, physical development, community involvement, and social skills.

Where?- 3801 JFK Blvd.,
North Little Rock, AR 72116

Play in the Community



Community Events



Bernice Garden Farmers Market

When?- Sundays 9:00-2:00

What? - The Bernice Garden Farmers' Market offers an open community space for local growers to sell sustainably raised fruit, vegetables, nuts, berries, flowers, and herbs, as well as cheeses, prepared food and other goods to downtown Little Rock residents, businesses, organizations and visitors.

Where?- 1401 Main St., Little Rock 72202

Important Dates: June is Child Vision Awareness Month

June 26: Play RX celebrates one year at our new clinic location!

[Click here for more days to celebrate in June](#)

Help Us Celebrate!

PlayRx Resources



Learn more about our staff here: <https://www.playrxtherapy.com/our-staff/>

For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/>

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