



# Creativity for Regulation & Resilience



By Naomi Rogers

Drama and Movement Therapist (HCPC and BADth)



19/01/2026

Christ the Saviour  
Primary School

# This workshop looks at:



- **How we can support children in managing/ regulating their emotions and why this helps to build resiliency.**
- **Why a 'brain considered' approach is helpful when managing tricky times with children.**
- **Creative tools you can use to practise emotional regulation and resilience building skills with your child.**

# What is resiliency?

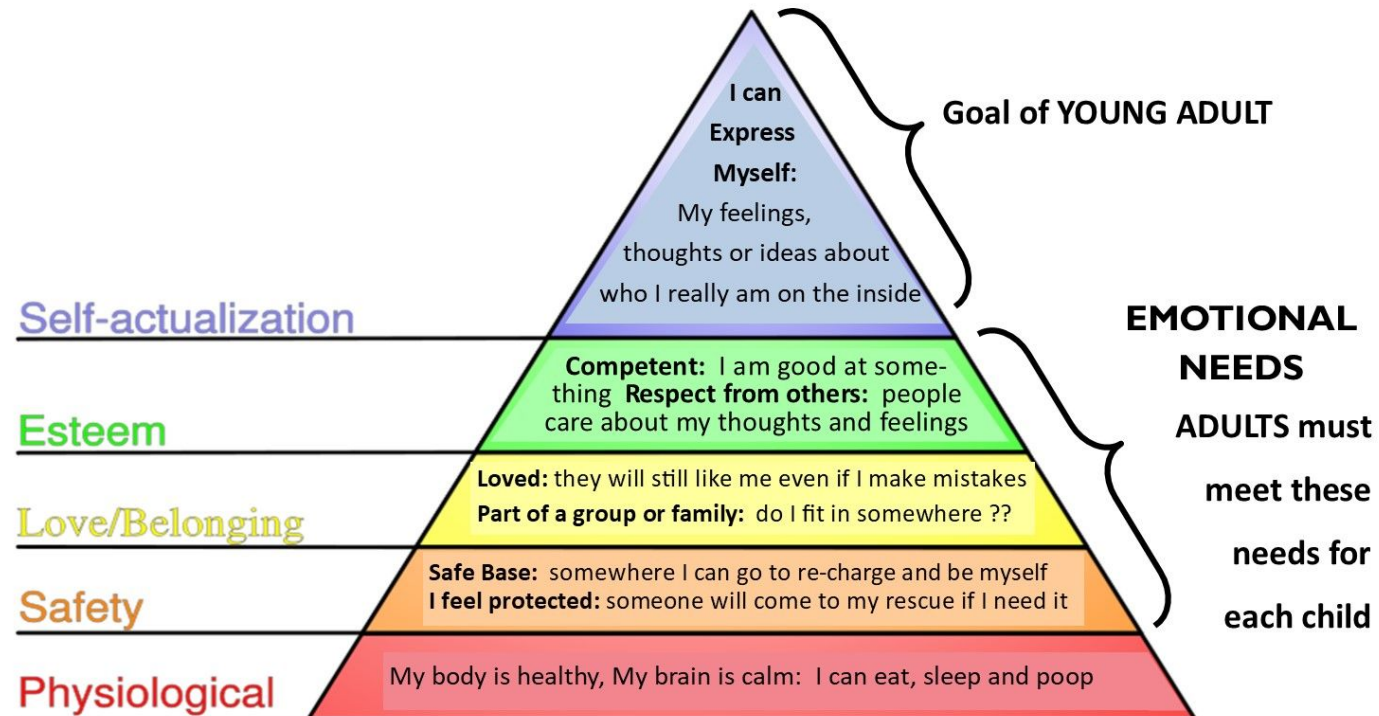
**"The ability to manage stressful situations and cope with life's ups and downs"**



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# Emotional Needs of Children



**#1 Cared for by adults**

**#2 Accepted by peers**

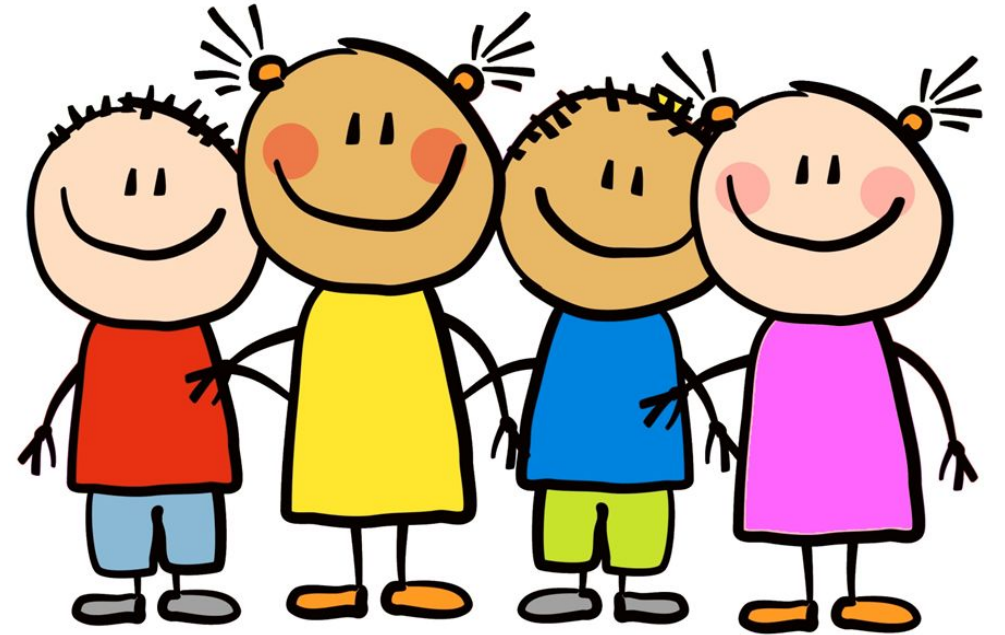
**#3 Competent at something**

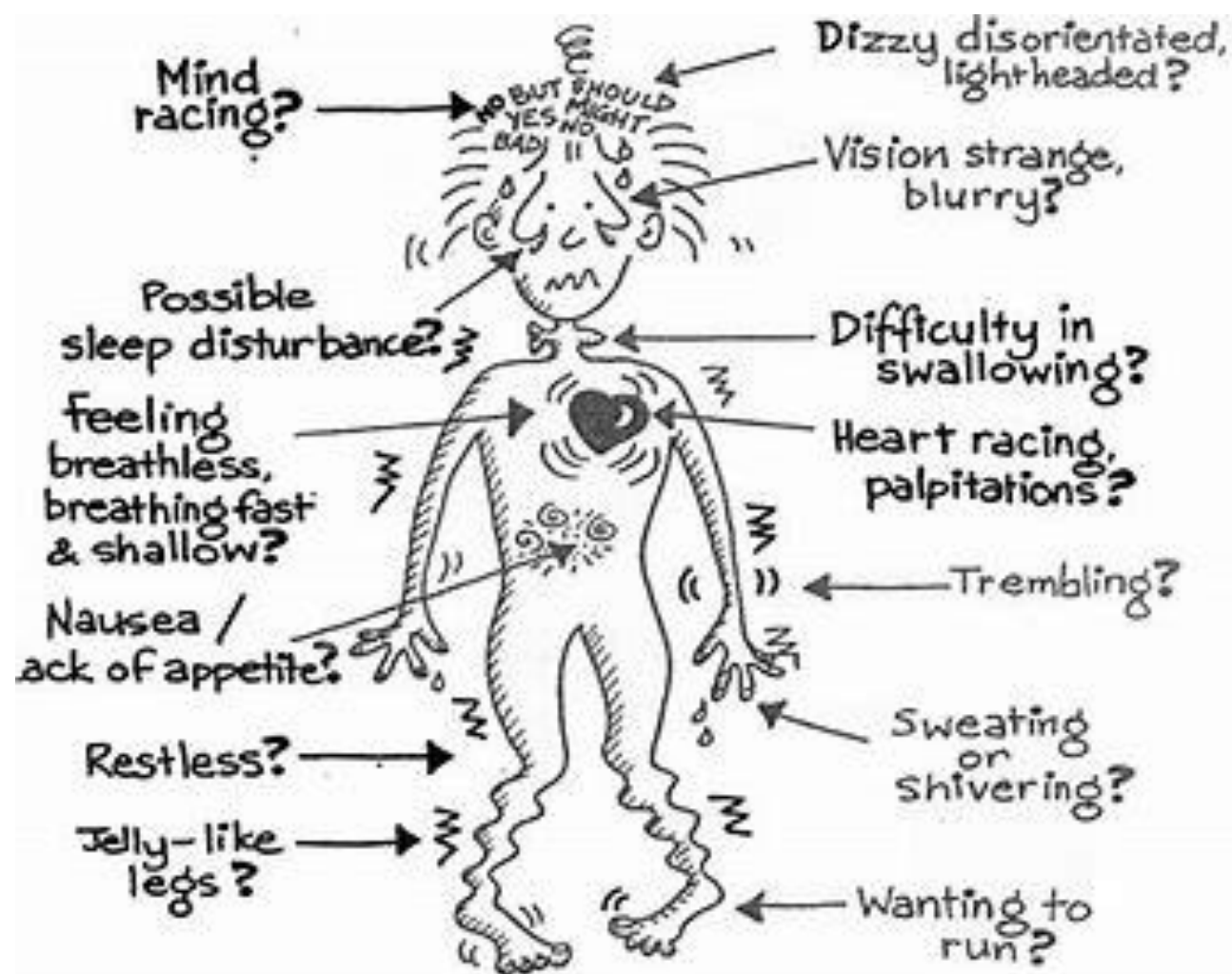


# Defining Regulation

- Aware of the emotional state
- Able to understand and accept their emotion.
- Able to make choices to manage the emotion.

(Gratz and Roemer, 2004)





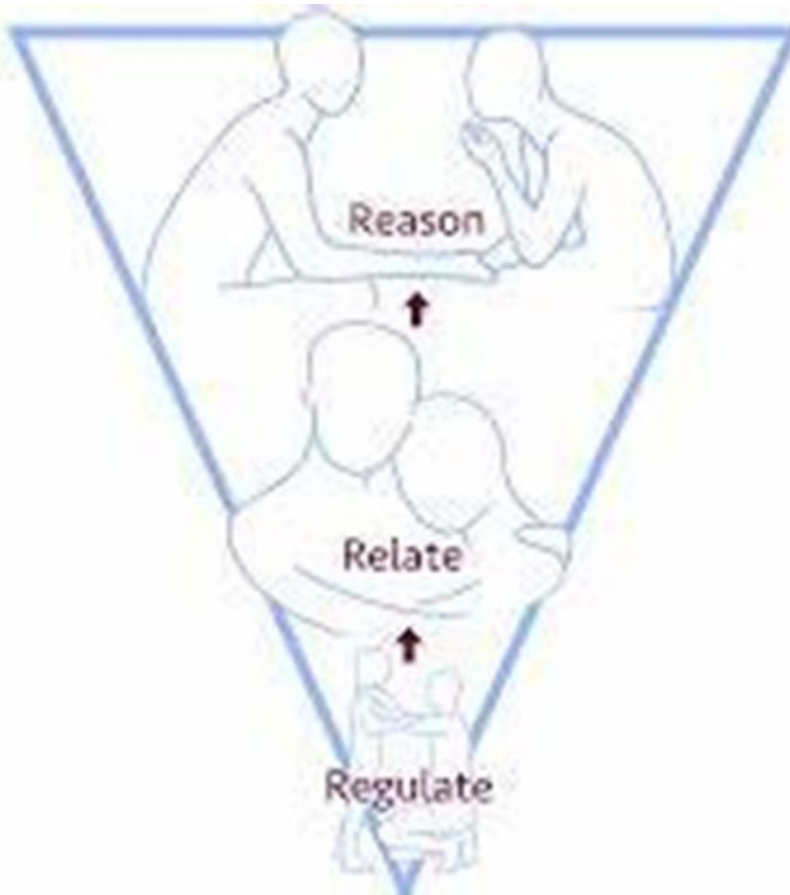
# Developing Brains



- **Reason:** Logical thinking, future planning, choice making
- **Relate:** Care seeking, attachment, love, play
- **Regulate:** Safety and Physiological Responses



# Regulate Relate Reason



## **Part Two: Creative Strategies to support Regulation and Resilience**



# Our own presence

Emotional regulation starts with our own presence. Children are unconsciously tuning into their caregivers heart rates, tone of voice, facial expression and their level of calm.

What are the ways you keep yourself regulated when your children are upset?



# Hand Breathing





Moving: Shaking, jumping, twisting, stretching



# Managing Meltdowns





Blow the storm away



# Colour your feelings



# Safe Cave



Squeeze the lemon/ Stress ball



# Managing shutdowns





# Glitter jars



**Fill jar halfway** with warm water

**Add glue or glycerin** (Start with **1–2 tablespoons**,  
More = slower glitter movement)

**Add glitter** (1–2 teaspoons total)

**Add 1–2 drops of food coloring**

**Fill the rest with water**, leaving a little space

**Close lid and shake well. Seal the lid with glue or tape.**



# Sensory offering tray



# Silent Puzzle Invitation



# Hand Warmers



# Clay/ Playdough



1. **Mix flour and salt in a bowl**
2. **Add oil and mix**
3. **Slowly add warm water, mixing until dough forms**
4. **Knead for 2–3 minutes until smooth**
5. **Add food coloring during kneading if using**



# Draw without talking



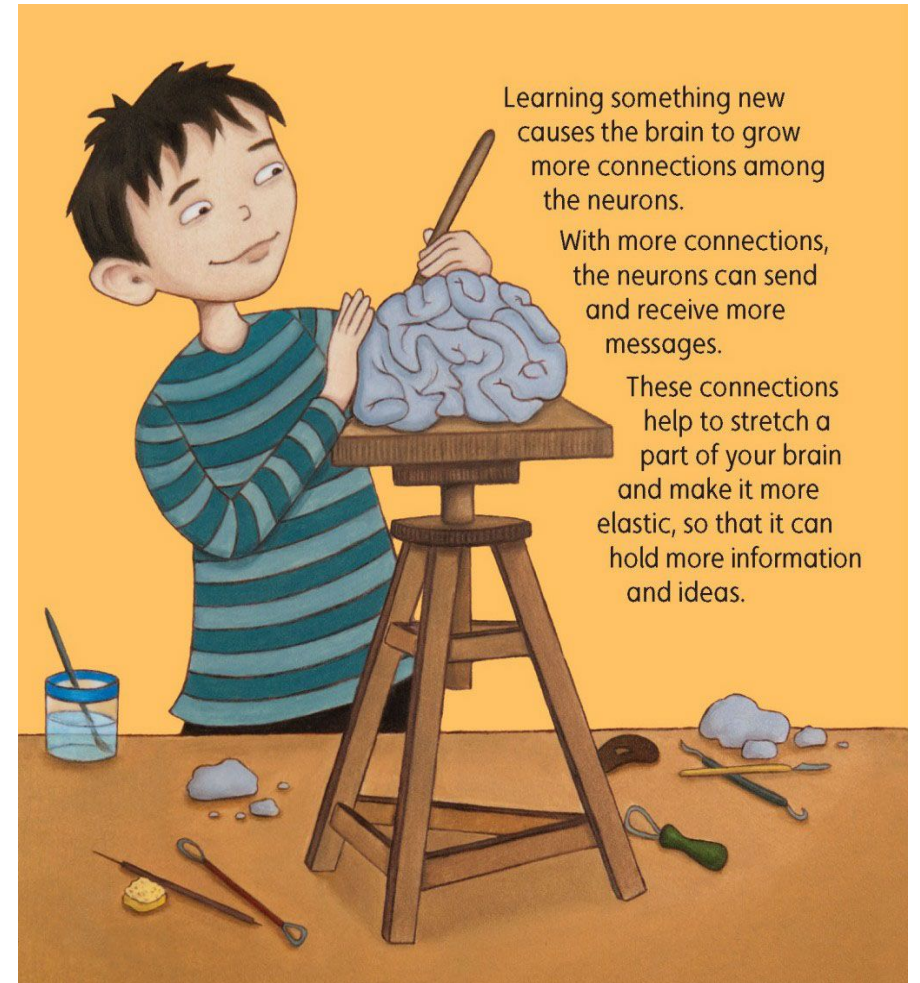
# Creating a regulation tool kit as a family





# Not what we do, but how we do it

**Not pressure to do big mad things,  
but just approaching activities with  
calm, steady presence. And inviting  
children to manage their feelings in  
their 'brain state.'**



# Our School and Local Community




## Opportunities for parents to get to know each other and build supportive relationships:

- Worship together at Mass
- Volunteer as a parent helper
- Join the PTA
- Smartphone free childhood community (CtS parent whats' app group)
- Support for parents of children with allergies

# Our School and Local Community

## Community Run Parental support: Ealing Mental Health Support Team Details on school website



**Back to school:**

Going back to school can be a difficult time. Maybe your child is worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

**Helpful Tips:**

- Get organised - use planners, diaries and apps to keep track of things
- Set goals - make sure they're small and manageable
- Look after them and yourself: take time to do the things you enjoy!

**Children's Mental Health Week**

The theme of Mental health awareness week this year is: **'this is my place'** which is all about belonging and feeling supported.

Create a fun "Belonging Passport" with your child using folded paper or a small notebook. Add pages like:

- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.


**Upcoming Workshops**

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22<sup>nd</sup> January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27<sup>th</sup> January 12:00 - 13:00**
- How Can I Support My Child With OCD? **February 5<sup>th</sup> 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13<sup>th</sup> 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4<sup>th</sup> March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16<sup>th</sup> March 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22<sup>nd</sup> April 12:00 - 13:30**

**Specialist Workshops**


- Introduction to Autism (primary school age) **Friday 30<sup>th</sup> January 12:30 - 13:30**
- Understanding Behaviour in SEN(D) **Monday 13<sup>th</sup> April 12:00 - 13:00**
- Autism and Adolescents **Thursday 30<sup>th</sup> April 12:00 - 13:00**

If you would like to sign up to one of our workshops, please do so using the link below or scan the QR code.



[MHST Workshop Sign up](#)

Your paragraph text  
Promoting hope & wellbeing together







# Our School and Local Community

## Community Run Parental support: Ealing Parenting Services





**EALING PARENTING SERVICE**  
**FREE PARENTING WORKSHOPS**  
**SPRING TERM 2026**

**Tues 24<sup>th</sup>**  
**FEB**

**Intergenerational Healing:  
Parenting Differently, Breaking Cycles & Taboos**  
*Delivered by Derek Willis - Ealing Parenting Service*  
*via MS Teams 10am-12pm \*men only session*

**Tues 3<sup>rd</sup>**  
**MAR**

**An Introduction to Internet Safety**  
*Delivered by Hayley Jones - SAFE Team*  
*via MS Teams 10am-12pm*  
*\*for parents/carers of under 13s*

**Tues 24<sup>th</sup>**  
**MAR**

**Addressing the Challenges:  
Fathers in Caring Roles for Children with SEN**  
*Delivered by Derek Willis - Ealing Parenting Service*  
*via MS Teams 10am-12pm \*men only session*



**Tues 21<sup>st</sup>**  
**APR**

**Different Strokes:  
Navigating Fatherhood Across Cultures**  
*Delivered by Derek Willis - Ealing Parenting Service*  
*via MS Teams 10am-12pm \*men only session*

**Tues 28<sup>th</sup>**  
**APR**

**Understanding Your Teenager**  
*Delivered by Sabrina Meakins - SAFE Counselling*  
*via MS Teams 10:30am-12:30pm*  
*\*for parents/carers of over 11s*

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



**EALING PARENTING SERVICE**  
**FREE PARENTING WORKSHOPS**  
**SPRING TERM 2026**

**Tues 13<sup>th</sup>**  
**JAN**

**Building Healthier Relationships - Part 1**  
*Delivered by Chris Kolade - Ealing Parenting Service*  
*via MS Teams 10am-12pm*

**Tues 20<sup>th</sup>**  
**JAN**

**Work / Time Balance:  
Fatherhood in a Demanding World**  
*Delivered by Derek Willis - Ealing Parenting Service*  
*via MS Teams 10am-12pm \*men only session*

**Tues 27<sup>th</sup>**  
**JAN**

**Building Healthier Relationships - Part 2**  
*Delivered by Chris Kolade - Ealing Parenting Service*  
*via MS Teams 10am-12pm*

**Tues 10<sup>th</sup>**  
**FEB**

**Domestic Abuse, Parenting & You**  
*Delivered by Patricia Chapman - SAFE West*  
*via MS Teams 10am-12pm*

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info

# What can I do if I need more help?

Early Help/ Safe

Home start

CWP service anxiety and behaviour

Speak to your GP



Thank you for coming!  
Please enjoy your tea and coffee.

You're welcome to come chat to me with any  
questions.

