



UNIVERSITY OF
NOTRE DAME

PIE-LIGHTS FOR INCLUSION

WELCOME
SERVE
CELEBRATE

PROGRAM FOR INCLUSIVE EDUCATION

MONTHLY THEMES

**SENSORY
INTEGRATION**

ATTENTION

PARTICIPATION

**EMOTIONAL
REGULATION**

ENGAGEMENT

**STUDENT
INTERESTS**

ORGANIZATION

**ACADEMIC
SKILLS**

**CLASSROOM
CULTURE**

MAY
2024

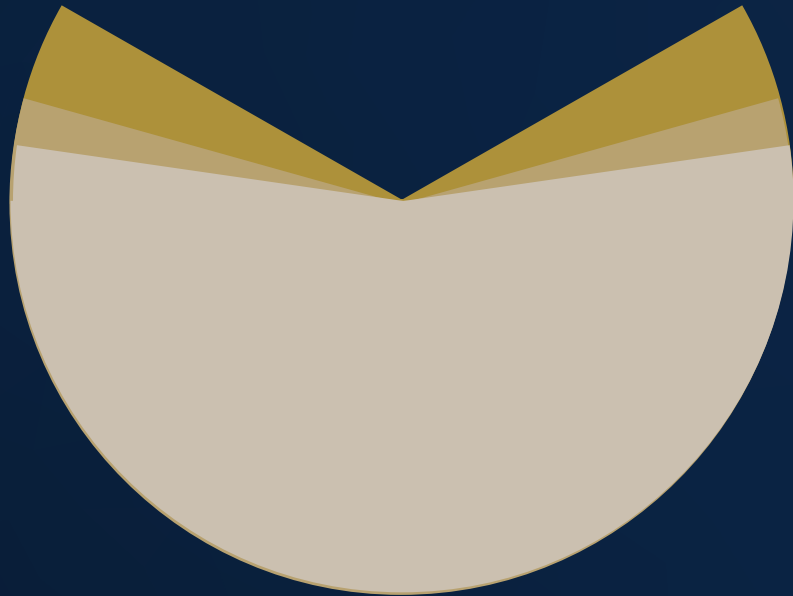
EMOTIONAL REGULATION

Emotions are psychological processes that include affective, cognitive, physiological, motivational, and expressive components (Scherer et al., 2019). Emotions can consume students' attention and divert their cognitive resources from academic tasks. Since students experience a wide range of emotions in the school setting, attentional engagement can be negatively affected, which, in turn, can impact student achievement (Pekrun et al., 2022).

Emotional regulation is the attempt to influence one's emotions-when they occur and their expression (Gross, 2015). Students with better emotional regulation as a result of systematic Social/Emotional Learning (SEL) instruction have:

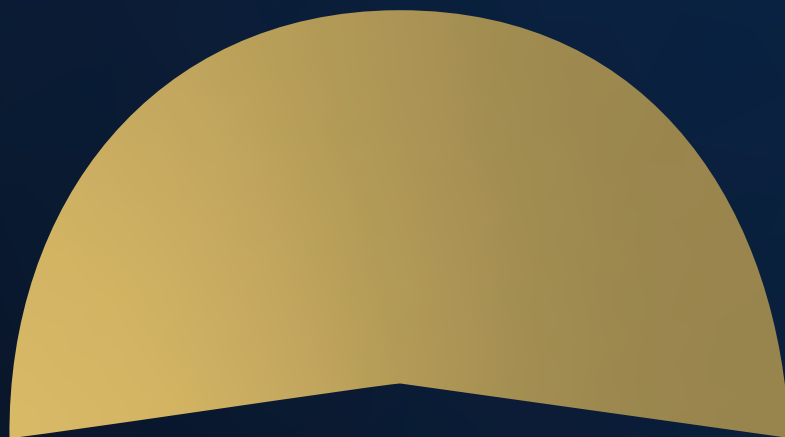
- Better academic performance and higher achievement scores
- Improved attitudes and behaviors
- Greater motivation to learn
- Increased time on schoolwork (Durlak et al., 2011)

Elementary students experience a drop in happiness
as they move through the grades.



64% OF 3RD GRADERS
58% OF 4TH GRADERS
54% OF 5TH GRADERS
REPORT THEY ARE HAPPY.

This pattern continues through
the academic experience.



MORE THAN 50%

MORE THAN 50%
OF MIDDLE AND HIGH
SCHOOL STUDENTS
REPORT FEELINGS
OF DEPRESSION, STRESS,
OR ANXIETY
AS OBSTACLES TO THEIR
LEARNING

(YOUTH TRUTH SURVEY, 2022).

H I G H L I G H T E D

RESOURCE



Emotional dysregulation impacts student engagement and can manifest itself in external behaviors in the classroom. Educators should integrate lessons/strategies within the classroom to support all students and seek assistance from a trained professional for significant needs.

Teach.com is an all-inclusive resource dedicated to supporting teaching across the world. Explore *Resources for Teaching Kids About Emotional Regulation and Meditation* for defining features and resources to support all developmental levels.

H I G H L I G H T E D S T R A T E G Y

There are multiple ways to regulate emotions (e.g., breathing exercises, meditation). Many strategies can be implemented across all ages. Review the following instructions to implement the **5-4-3-2-1 Breathing Strategy** (Partnership in Education, 2021) with your students to reduce anxiety and regulate their emotions.



5-4-3-2-1 Breathing Strategy