

Checking in With Our Bodies: A Self-Regulation Strategy

Over the past few weeks, our kindergarten classroom has been learning about self-regulation, the ability to notice how our bodies are feeling and choose strategies that help us feel ready to learn, play, and connect with others.

We have been talking about how our **bodies send us messages**. Sometimes our bodies feel:

- **Fast or wiggly** (lots of energy)
- **Slow or tired** (low energy)
- **Just right** (ready to focus and engage)

We emphasize that all of these body states are normal. The important part is learning to notice those feelings and choose a tool that helps.

As part of our classroom toolkit, we introduced a **Self-Regulation Cruiser**, a stationary pedal bike with adjustable resistance. The children learned that the cruiser is not a toy, but a **tool** that can help their bodies release extra energy, wake up their muscles and brain and improve focus and attention. The cruiser is available to **all children throughout the day**. Children are encouraged to decide for themselves when it might be helpful.

Through read-alouds, discussions, and play-based experiences, we explored questions such as:

- What does my body feel like right now?
- What is my body telling me it needs?
- Which tool might help me?

We practiced a simple body check-in:

1. **Pause** and notice
2. **Name** how our body feels
3. **Choose** a strategy

As children use the cruiser and other regulation strategies, we are noticing increased awareness of body signals, children independently choosing movement when needed and growing language such as, “*My body needs movement,*” or “*I’m going to pedal to help me focus.*” After using the cruiser, children are encouraged to check in again and reflect: *Did that help my body today?* We remind them that tools work differently on different days.

Supporting self-regulation helps children build independence and confidence, develop emotional awareness and engage more fully in learning and social interactions. By framing movement and regulation tools as **supports rather than rewards or consequences**, we are helping children develop lifelong skills for understanding and caring for themselves.

At home, you might invite your child to:

- talk about how their body feels during the day
- notice what helps when they feel wiggly, tired, or upset
- use movement, rest, or quiet time as supportive strategies

Thank you for partnering with us as we support your child in learning to listen to their body and make thoughtful choices.