

Strong Inside

A 4-Week Self-Regulation Workbook
for Kids Ages 7-12

Body Clues
Calm Choices
Confidence Plans



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Welcome to Strong Inside

Designed for students ages 7-12

A Guide for Teachers, Parents, and Counsellors

Strong Inside helps students learn how to notice body clues, understand what makes situations feel difficult, and choose strategies that support success at school and at home.

Self-regulation is not something students either have or do not have. It is a skill that develops over time through practice, structure, and supportive adults.

This workbook teaches a simple and predictable pathway students can return to again and again:

Notice → Pause → Choose

When students learn this sequence, behaviour becomes easier to understand and easier to support.

The Approach Behind This Workbook

This workbook is built on a simple and important idea:

Behaviour is the clue, not the cause.

Students do well when they can recognize what their body is telling them and when they know what to do next.

The activities in this workbook help students:

- notice early body signals
- recognize triggers without shame
- practise calm strategies
- build confidence using helpful choices

The goal is not perfection. The goal is progress and understanding.

Strong Inside

This workbook is designed for flexible use in small groups, classrooms, counselling sessions, or home support plans.

How This Workbook Supports Regulation Skills

Each lesson follows a consistent structure so students know what to expect:

Notice body clues

Pause and slow the moment

Choose a helpful next step

Predictable structure reduces anxiety and helps students build independence over time.

Students benefit most when this language is used consistently across environments such as classrooms, counselling sessions, and home routines.

How Adults Can Support Students While Using This Workbook

You can strengthen the impact of this workbook by:

- reading the introduction sentence together
 - allowing time for discussion
- modelling calm strategy choices
- noticing effort instead of only outcomes
 - celebrating small successes

Many students need guided practice before they can use regulation strategies independently. Practising together builds confidence and carryover.

WEEK 1 | NOTICE

My Body Clues Map

Name: _____

Date: _____

Your body gives you clues about how you are feeling. When you notice a body clue, you can pause and choose what to do next.

My head feels...

My chest feels...

My tummy feels...

My hands feel...

My legs feel...

When I notice a body clue, I can:

Stop

Take a breath

Name how I feel

Ask for help

Remember: Body clues are helpful messages that tell you what your body needs.

Notice → Pause → Choose