



Spotlight on YPC

Community Events

"Seasonal Traditions," East Jersey Old Town Village, Piscataway	12/7
Breakfast with Santa, East Brunswick Elks Lodge	12/15
29th Annual Model Train Exhibit, Barren Arts Center, Wood- bridge	12/1- 12/30

Upcoming Topics:

- ◇ Empathy
- ◇ Conflict Resolution
- ◇ Social Skills
- ◇ Self-Awareness

Please Note:

YPC will be closed
on Tuesday
December 24,
Wednesday
December 25,
Tuesday,
December 31, and
Wednesday,
January 1.

Happy



Month in Review

November has quickly come to an end! The topics that we covered this month were biography/lifespan, lifestyle needs, emotional regulation, and gratitude.

Biography/lifespan is exploring where you have been and how far you have come. This week YPC clients made timelines of their lives, which showed their past, where they are now, and where they would like to be in the future.

Lifestyle needs reiterates what our basic needs are and why they are so important to have. This week clients

learned why basic needs are so important and how they can attain these needs. Client's played a survivor game, which simulated the importance of basic needs and why they are essential, and helped clients learn to prioritize their "needs" over their "wants."

Emotional regulation is one's ability to respond to stressors or situations in a manner that is socially acceptable. This week client's focused on their emotions and learned different strategies to help them manage these emotions in an acceptable manner.



Gratitude is when you are thankful and appreciative of what you have or what someone does for you. In preparation for Thanksgiving, clients identified what they are thankful for and what they appreciate.



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Spotlight on: Gratitude *

The holidays are a time for giving and being thankful. YPC clients made pies, and in each piece of the pie wrote what they are thankful for. clients wrote what they're thankful for. The pie had a slice cut out of it for clients to give to another peer in order to express their gratitude toward that peer.





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Family Activity: Holiday Ideas

As the holidays are approaching, it's the perfect time of year to spend time with family! Here is a list of suggestions of things you can do together:

- * Decorate a Christmas tree
- * Make a holiday treat together
- * Make a holiday craft together
- * Watch a movie and drink hot cocoa
- * Make a gingerbread house
- * Go caroling
- * Make holiday cards for someone special
- * Light a fire and roast marshmallows



Spotlight on: Emotional Regulation

Emotional regulation is an essential skill for children to have. Being able to regulate your emotions effectively will enhance your overall well being. Difficulty regulating emotions can lead to negative behavior at home, in school, and with relationships.

The first step of regulating emotions is by being more self-aware. When you start to notice how you're feeling, you are then able to become more mindful in managing those emotions.

A way for caregivers to help their child increase their emotional regulation is by not being reactive themselves. If your child is acting out their emotions in an inappropriate way, it is easy to react and be the same way towards them. Instead, it is important to talk to your child in a calm but firm tone. Once they've deescalated you can talk with them about alternative behaviors. Seeing their caregiver model calm and nonreactive behaviors will assist the child in learning how to do this themselves.

The Zones of Regulation

Blue Rest Area	Green Go	Yellow Slow Down	Red Stop
Sad	Happy	Nervous	Angry
Upset	Excited	Surprised	Yelling
Hurt	Calm	Confused	Aggressive
Tired	Proud	Silly	Mad

One other thing that can help with developing emotional regulation is by utilizing coping skills. Coping skills help us manage our negative emotions so that we don't respond with inappropriate behavior.