# REDUCED FRUSTRATION+SELF-REGULATION

SUGGESTED APPS LISTED USING STUART SHANKER'S (2013) 5 DOMAINS OF SELF-REGULATION
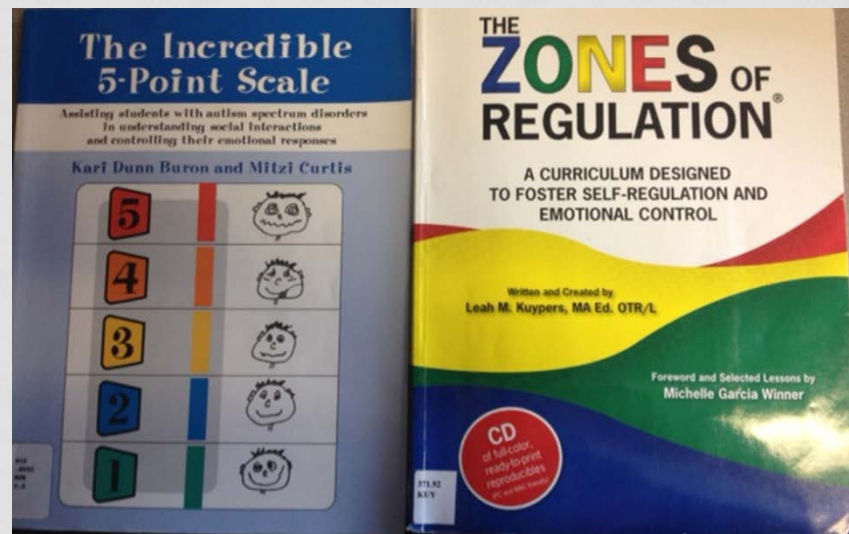
Prepared by Jeff Tran & Tina Mandal

Source: Shanker, S. (2013). *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation*. Don Mills, ON: Pearson Canada Inc.

STUART SHANKER & LEAH M. KUYPERS

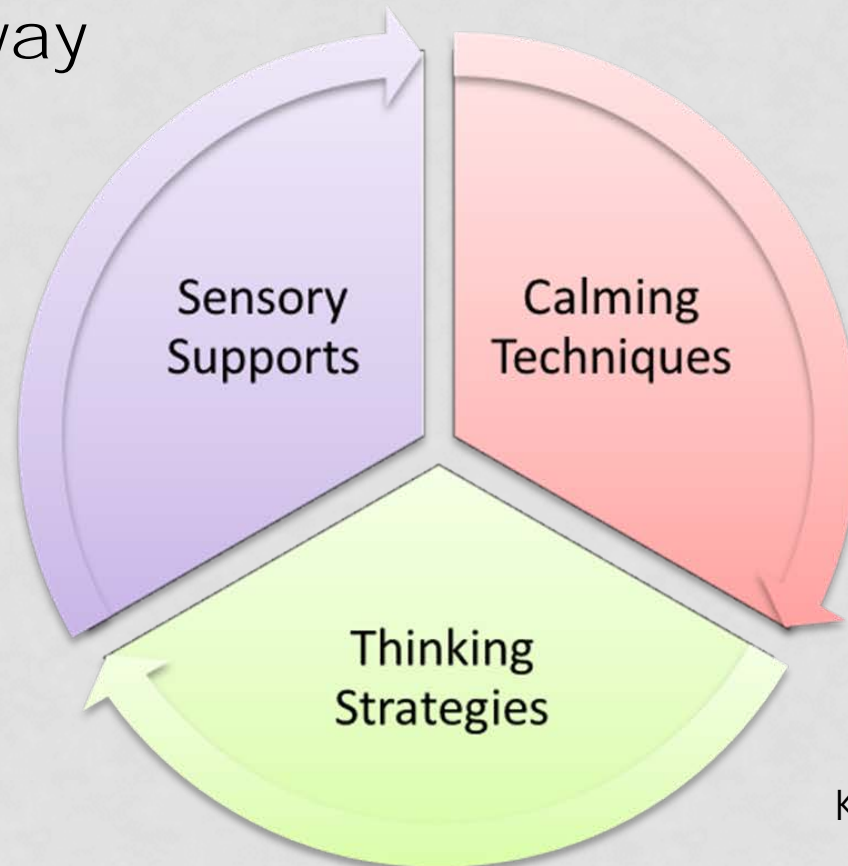Calm, Alert, and Learning: Classroom Strategies for Self-Regulation
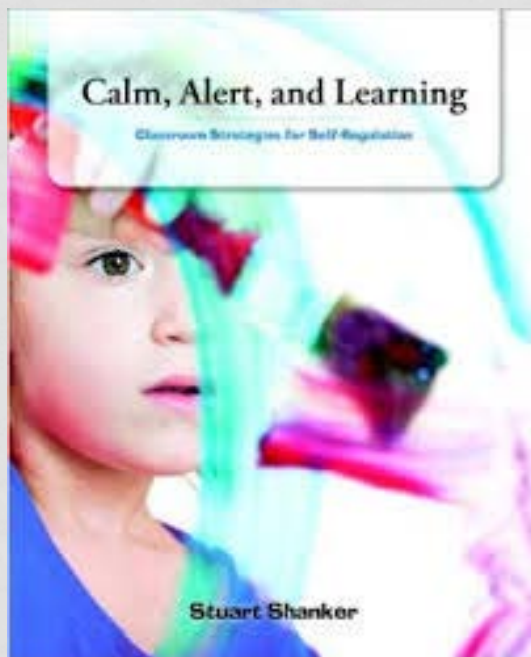
The Zones of Regulation – A Curriculum Designed to Foster Self-Regulation

SELF-REGULATION IS DEFINED AS….

Regulating senses, emotions and impulses to meet the demands of the environment and behave in a socially appropriate way


Kuypers 2011

5 DOMAINS OF SELF-REGULATION

1. The Biological Domain

2. The Emotional Domain

3. The Cognitive Domain

4. The Social Domain

5. The Prosocial Domain

(Shanker 2013)

THE BIOLOGICAL DOMAIN

- Refers to the level of energy or activity in the nervous system; if a student is optimally regulated in the biological domain they will have…
  - Good physical health
  - Good energy levels when they wake up and for the day
  - The ability to recoup energy after stress
  - The ability to remain calm during distracting visual and auditory stimuli
  - Healthy daily routines (sleep, diet, exercise)

(Shanker 2013)
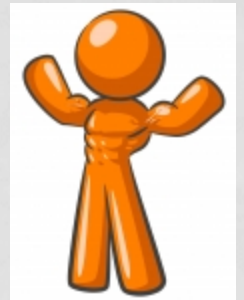
APPS THAT SUPPORT
THE BIOLOGICAL DOMAIN

- Breathing / Relaxing apps

- Physical Activity apps

- Sleep / Exercise / Nutrition Tracking apps

(Shanker 2013)

BREATHING AND RELAXING APPS
THE BIOLOGICAL DOMAIN

App Name	Description	Cost	Get App
Breathe2Relax	Includes breathing exercises to decrease the body's 'fight-or-flight' (stress) response.	Free	Apple Android
Breathe, Think, Do with Sesame	Appropriate for primary students. Includes fun interactive activities. Provides examples of everyday problems and how to solve.	Free	Apple Android
Smiling Mind	Web / App based program is a tool designed to promote mindfulness meditation to help promote wellness age 7 to adult.	Free	Apple Android

PHYSICAL ACTIVITY APPS
THE BIOLOGICAL DOMAIN

App Name	Description	Cost	Get App
Super Stretch Kids Yoga	Move, play and breathe as Super Stretch introduces yoga posses for all skill levels and ages. Breathing breaks. Easy to use.	Free	Apple Video Demo
FitQuest Lite	Exercise Adventure that is powered by natural movements, jogging in place, hoping and ducking.	Free	Apple Website
GoNoOdle	Website keeps kids focused and motivated. Provides easy to follow activities: run, jump, stretch, dance, or calm	Free	Website Video Demo
Fit Go Run – Fitness and Pedometer	Run, jump and slide to gain points. Track your steps in real life and earn bonus rewards	Free	Apple

SLEEP / EXERCISE / NUTRITION TRACKING APPS
THE BIOLOGICAL DOMAIN

App Name	Description	Cost	Get App
RunKeeper	Track everything fitness to stay motivated. Website and app. Suitable for personally managed devices (BYOD). Many fitness, sleep, and nutrition apps upload to Runkeeper.	Free (In-App Purchases)	Apple Android
Sleep Track for iOS or Sleepy for Android	Manually track and record your sleep or use iPhone 5s or 6 to detect motion. Option to upload to Runkeeper website.	Free	Apple Android
nutrino	App helps determine what to eat next to achieve health goals. The purpose of including this app is to promote balanced nutrition by planning / tracking.	Free	Apple Android Coming Soon!

EMOTIONAL DOMAIN

Children who are optimally self-regulated in the emotional domain will be able to…

- Modulate strong emotions
- Recover from disappointment, challenging situations and move forward, emotional resiliency
- Exhibit a healthy self-esteem based on understanding of personal efforts and achievements
- Experiment and learn on their own and in groups
- Create and innovate using a range of strategies and techniques

(Shanker 2013)

APPS THAT SUPPORT THE EMOTIONAL DOMAIN

4 components of emotional regulation

- **Self- awareness apps** to identify emotions

- **Self-management apps** to help regulate emotions

- **Social Awareness apps** to help understand other's emotions

- **Relationship Management related apps** to help negotiate and understand social situations

(Shanker 2013)

SELF-AWARENESS / MANAGING EMOTIONS APPS
THE EMOTIONAL DOMAIN

App Name	Description	Cost	Get App
Zones of Regulation	Designed to help students recognize when they are in different zones. Students gain skills in regulating behaviours, emotions and levels of alertness. **Video 1** – Quick explanation **Video 2** – Sheldon (Yellow Zone)	$6.99	Apple Android Video 1 Video 2 Website
The Social Express II	Engaging, educational app for individuals with social learning challenges. Teaches students to think about and how to successfully manage social situations (e.g., read non-verbal social cues, and identify appropriate coping strategies).	Free Website Membership $53.89 / year	Apple Website Demo Video

SELF-AWARENESS / MANAGING EMOTIONS APPS
THE EMOTIONAL DOMAIN

App Name	Description	Cost	Get App
My DPS	Digital Problem Solver App can be used outside of the Social Express App / Website. Students select a feeling and a coping strategy.	Free $0.99	Apple Android
Bitsboard	Create visual boards to learn about emotions and more.	Free Pro version $16.99	Apple Website
Tag Journal	Use Tag Journal to write thoughts, events, photos, and short videos.	$3.49	Apple
Momento	Momento is a quick and easy to use private electronic journal.	$2.29	Apple

COGNITIVE DOMAIN

Students who are optimally self-regulated in the Cognitive Domain can:

- Focus, and switch focus
- Look at others' points of view
- Think logically
- Set goals and assess themselves
- Manage time

Involves:

- Sustained attention
- Support while developing the ability to focus attention

> *Core Processes*
> *"…the student's ability to process the myriad visual, auditory, tactile, kinesthetic and propioceptive stimuli…"*
>
> *p 46*

(Shanker 2013)

APPS THAT SUPPORT THE COGNITIVE DOMAIN

- Apps that support organization of ideas

- Scheduling apps

- Calendar / to do / planning apps
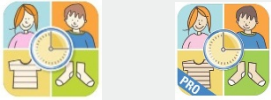
- Apps to support organization of notes

(Shanker 2013)

APPS THAT SUPPORT ORGANIZATION OF IDEAS
THE COGNITIVE DOMAIN

App Name	Description	Cost	Get App
Simple Mind	Brainstorming app shows thinking or ideas by using Siri or typing few words (reduced writing demands). Appeals to visual learners. Pair with Simple Minds desktop.	Free $6.99 (plus version)	Apple Android
Show Me	Leverages the built in camera, mic, and photo library. Easily create an explanation, recount or response. Like an interactive Whiteboard. **Similar Educreations app for both iOS / Android**	Free $3.54	Apple Educreations for Android
Popplet Lite	Quickly jot down your ideas and sort them visually. Use as a study tool, for class notes, and projects. Export as PDF or JPEG.	Free	Apple Website (web version)

SCHEDULING APPS
THE COGNITIVE DOMAIN

App Name	Description	Cost	Get App
Choiceworks	A visual schedule app that supports daily routines, assists with turn taking and waiting skills. New calendar app is a unique visually based calendar.	$7.99 $5.79 $11.99	Schedule **Apple only** Calendar **Apple only** **Bundle 2 apps**
iPrompts and iPrompts Pro	Visual structure: countdown timer, choice prompts, email and print schedules, image library, video prompts for children with autism.	$57.99 $119.99 $10.24	Apple Pro Version Android
Video Scheduler	View, edit and create a video schedule (picture or video modelling). Share schedules / video modeling sequences.	$14.99	Apple Website

CALENDAR / TO DO / PLANNING APPS
THE COGNITIVE DOMAIN

App Name	Description	Cost	Get App
MyHomework Student Planner	A simple, reliable calendar / planner designed for students with homework reminders, syncing across devices / website, and link to teacher's class calendar to cync info.	Free **In-app purchases $5.79 Premium $1.19 Themes**	Apple Android Kindle fire Website
iStudiez Lite / Pro	A suitable app for high school to college age students planning courses / assignments / calendar.	Free / $3.49 $12.90	Apple Windows Website
Wunderlist	Create to do lists by category, set reminders and share.	Free / $5.79	All Devices

Reminder: Apple and Android devices come with powerful built-in calendars, however, the Sunrise Calendar has newer tech features.
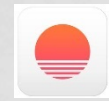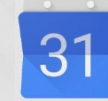
APPS THAT SUPPORT ORGANIZATION OF NOTES
THE COGNITIVE DOMAIN

App Name	Description	Cost	Get App
Microsoft OneNote	Create notebooks, notes, to-do lists, take pictures, work across multiple devices. Syncs to MS 0365 via login here.	Free!!!	Apple Windows Android
OneDrive / Word	MS OneDrive provides web / app access to files on the go. MS Word will sync to MS OneDrive. Excel / PowerPoint also available as apps.	Free All Devices	Apple Windows Android
iCloud Drive / Pages	Apple's Online file storage and word processor are free on new iOS Devices. Simply download app and connect to iCloud. Check out other free apps here.	Free	Apple

SOCIAL DOMAIN

Involves:
- Social intelligence
- Mind Reading Skills
- Co-regulation

Students who are optimally self-regulated in the Social Domain can:

- Understand feelings and intentions
- Respond appropriately
- Effectively communicate
- Have a good sense of humour
- Recover and repair from conflict

…general development as social beings, they need to co-regulate, not just regulate each other.

p 79

APPS THAT SUPPORT THE SOCIAL DOMAIN

- Apps that teach or promote **learning to read others emotions**
- Apps that support **appropriate responses to social situations**
- Apps that support **critical thinking**
- Also consider apps that promote **collaboration and cooperation** such as apps that involve co-creation assignments or game playing skills

(Shanker 2013)

APPS THAT TEACH SOCIAL SKILLS
THE SOCIAL DOMAIN

App Name	Description	Cost	Get App
Give Me 5!!!!! Social Skills	App helps children learn about social skills by answering questions about social situations seen in short video clips. Bystander learning takes away the anxiety components which may interfere in real time social contexts.	$6.99	Apple Android abc News related video
Social Skills Builder Full	Interactive videos teach key social thinking, language and behaviour essential to everyday situations. Skills include: friendship, problem solving, understanding emotions, critical thinking, and perspective taking.	$11.99	Apple Website

PROSOCIAL DOMAIN

Students who are optimally self-regulated in the Prosocial Domain show:

- Co-regulation skills
- Honesty with self and others
- An ability to put the needs of others ahead of their own
- A desire to do the right thing
- Empathy

Involves:

- Intimate connection with the ability to empathize and help others deal with their emotions

"Children can be easily overloaded by other children's emotions...Students with optimal prosocial regulation have a heightened ability to stay calmly focused and alert in the face of stressors ..."

p 94

(Shanker 2013)

APPS THAT SUPPORT THE PRO-SOCIAL DOMAIN

- Apps or Videos that **promote empathy**

- **Character education** related apps / websites that foster honesty and doing the right thing

- Explicit teaching of **anti-bullying**

- **Goal Setting**

(Shanker 2013)

CHARACTER EDUCATION RELATED APPS
THE PRO-SOCIAL DOMAIN

App Name	Description	Cost	Get App
Rindin by CrocPond	Animated short movie / storybook with an underwater adventure game. App encourages children to be creative while recognizing the value of tolerance.	$1.19	Apple Android
Arthur's Big App	Designed for ages 6-8. Encourages positive social skills through fun and engaging multi-level games. **By PBS Kids**	$3.49	Apple Website
Captain McFinn's Bully Free Zone	Bully free pledge, ideas for kind actions, and a calendar for tracking kind actions. Also, play pro-social learning games via the website.	Free	Apple Android Website

GOAL SETTING APPS
THE PRO-SOCIAL DOMAIN

App Name	Description	Cost	Get App
Class Dojo	Provides immediate feedback to students regarding behaviour	Free	Apple Android Website
Ready, Set Goal	Set academic, personal and health goals as well as criteria to reach the goal	Free	Apple Website

ADDITIONAL APPS TO SUPPORT SELF-REGULATION STRATEGIES

Kindr - Brighten someone's day

Anger Thermometer

The Grouchies - Get rid of
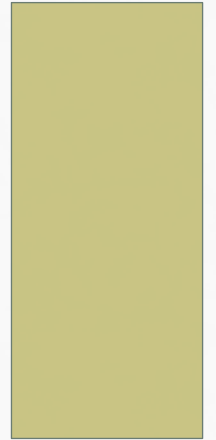
Self-Regulation Training Board

The Emotion Diary

Autism Emotion App

RESOURCES

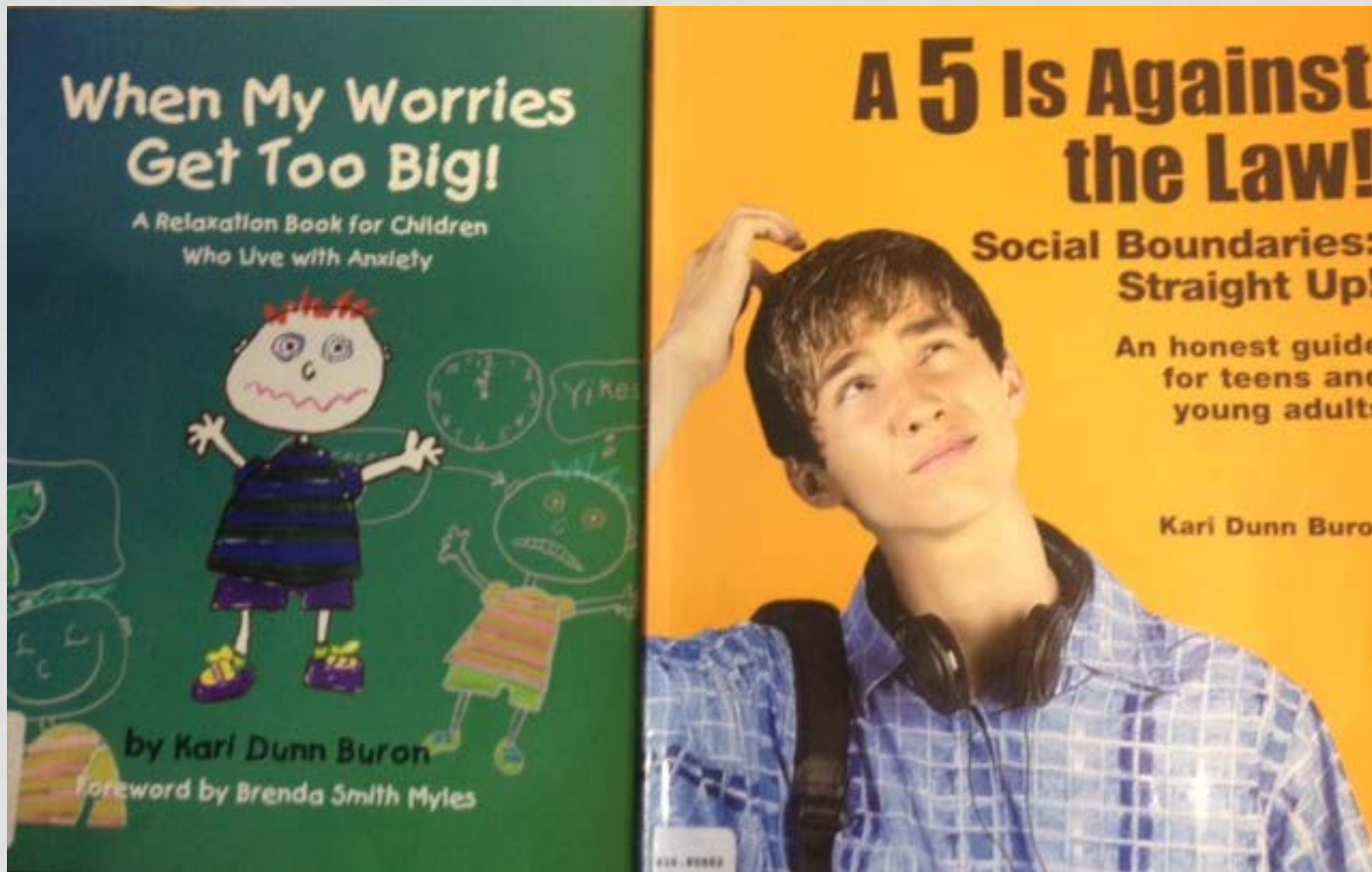# ARTICLE: SELF-REGULATION AND TECHNOLOGY – THE WAVE OF THE FUTURE

Self-Regulation and Technology – The Wave of the Future

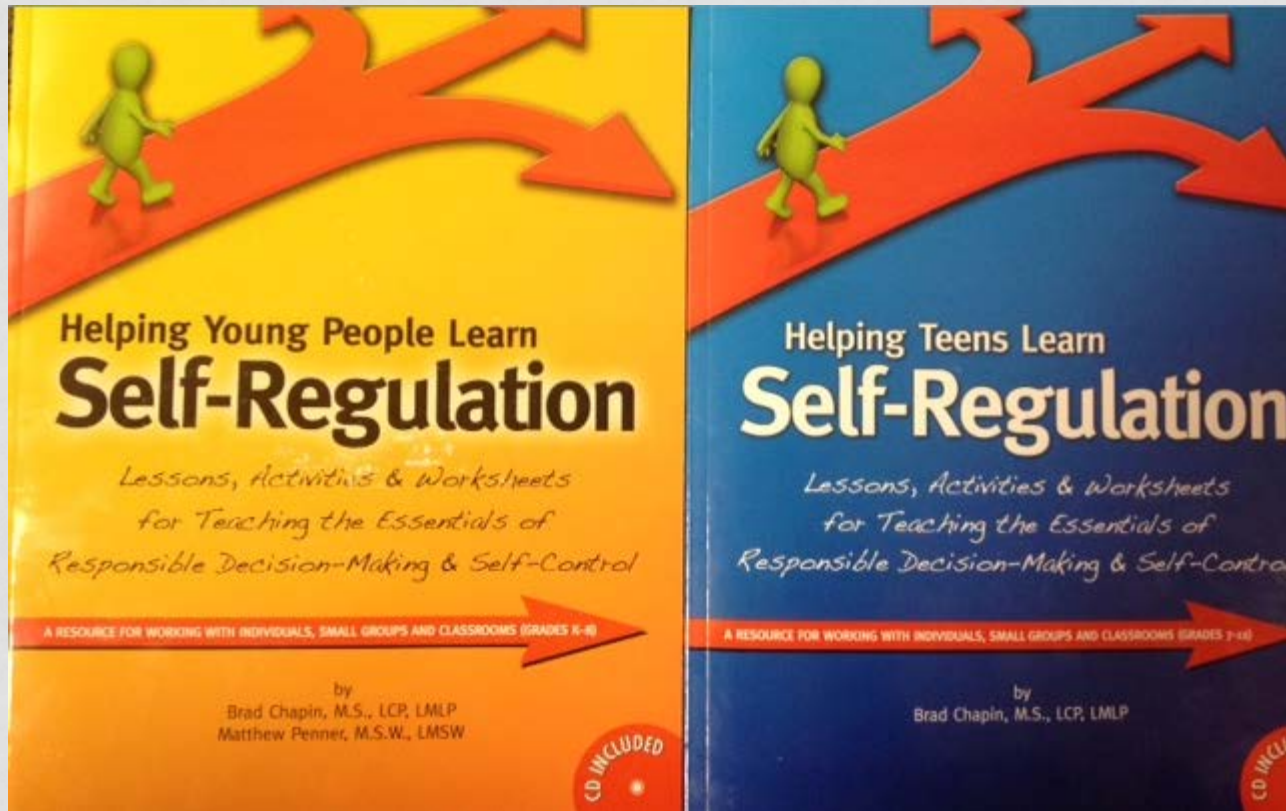By: Jeff Tran and Tina Mandal, Advanced Technology Facilitators, Durham District School Board

http://www.snow.idrc.ocad.ca/node/255

RESOURCES

(Shanker 2013)

RESOURCES

(Shanker 2013)

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