

‘Brain Buddies’ Emotion Regulation Group

Information sheet for Parents

The ‘Brain Buddies’ group aims to develop children’s understanding of their emotions and their ability to regulate their feelings. Emotion regulation is the ability to manage our emotions and gain control over how we feel. We are all different, so some people find it easier than others to regulate their emotions. It is important to remember that at times everyone struggles to manage their emotions and younger children often need support with this.

The group is based on evidence-based practices that support the development of emotion regulation in children and young people. It is based on ‘Zones of Regulation’ which you may be familiar with if your child’s school uses this approach. The group aims to teach children how to identify their feelings, to understand what happens in their body and brain when they have ‘big’ feelings, and to learn different skills to manage their emotions.

What will the Brain Buddies group involve?

The group will involve six sessions delivered on a weekly basis, approximately one hour in length, as well as an introductory session to get to know the children. Two practitioners from our service will facilitate the group, with a school staff member present to support. The group involves a combination of teaching, worksheets, and small group tasks. We will ask your children to complete questionnaires to monitor their progress.

Supporting your child

We know that parents have an important role to play in supporting their child to regulate their emotions. We will provide further information on the strategies covered in the group so you can support your child’s learning and help them to practice these new skills at home. When learning any new skill, practice is key!

If you have any questions about the group, please get in touch with our practitioners via your child’s school.

Thank you for your support.



Brain Buddies was developed by Dr Helen Aspland, 2019
www.brainbuddies.org.uk