



When Behavior Doesn't Make Sense:

A New Way to Respond

Presented by Alyssa Blask Campbell, M.Ed.

 seed & sew

www.seedandsew.org | [@seed.and.sew](#) | [seedandsew.org](#) | Voices of Your Village Podcast

The 5 Components of Emotional Intelligence

Self-Awareness
Self-Regulation
Empathy
Motivation
Social Skills

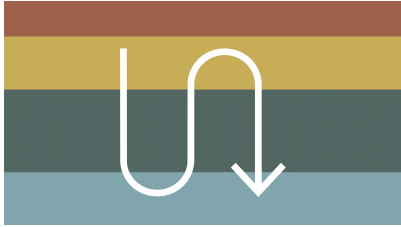
[@seed.and.sew](#) | [seedandsew.org](#)

Collaborative Emotion Processing (CEP) Method



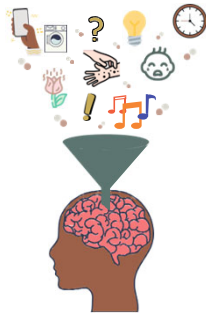
Created and researched by Alyssa Blask Campbell & Lauren Stauble
[@seed.and.sew](#) | [seedandsew.org](#)

Nervous System



@seed.and.sew | seedandsew.org

Sensory Integration



@seed.and.sew | seedandsew.org

Sensory Systems

- sight
- sound
- taste
- smell
- touch
- interoceptive
- proprioceptive
- vestibular
- neuroceptive



Dysregulating

SENSITIVE

Regulating

SEEKING

@seed.and.sew | seedandsew.org

The Regulation Questionnaire

Ready to unlock the secret to regulation?

SCAN HERE





@seed.and.sew | seedandsew.org

Neuroception Total

-2

NEUROCEPTION

-2 -1 0 1 2

SENSITIVE SEEKING

Auditory

-1

HEARING

-2 -1 0 1 2

SENSITIVE SEEKING

Visual Total

+1

SIGHT

-2 -1 0 1 2

SENSITIVE SEEKING

Smell and Taste Total

-2

SMELL/TASTE

-2 -1 0 1 2

SENSITIVE SEEKING

@seed.and.sew | seedandsew.org



@seed.and.sew | seedandsew.org

A dysregulated adult cannot regulate a dysregulated child.

Create Your P.E.A.C.E. Plan

Preserve your energy

Energize with what recharges you

Anticipate your day

Calm tools for the moment

Evaluate

@seed.and.sew | seedandsew.org

What does dysregulation look like?

Tornado

Bouncing

Silliness

Fidgeting

Defiance

Ignoring

Meltdown

@seed.and.sew | seedandsew.org

Nervous System Reactions



Fight



Flight

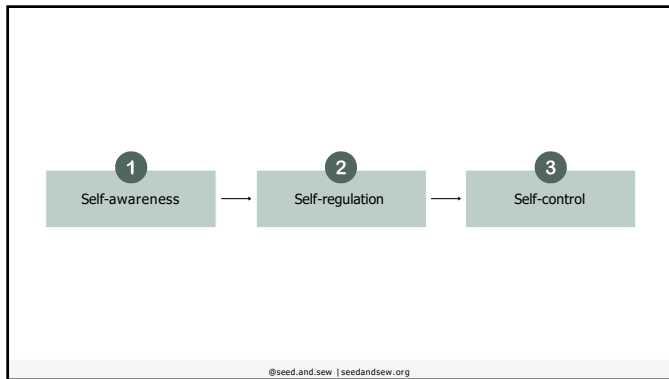


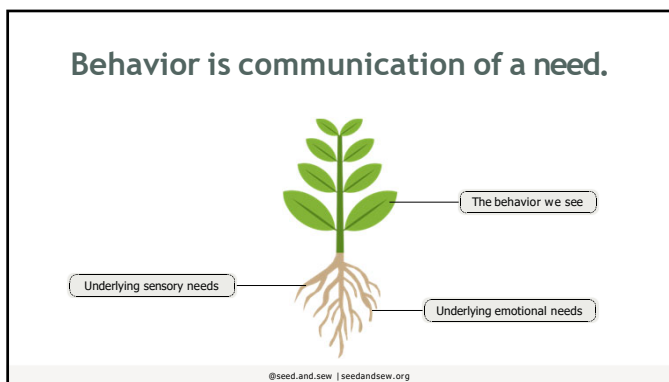
Fawn



Freeze

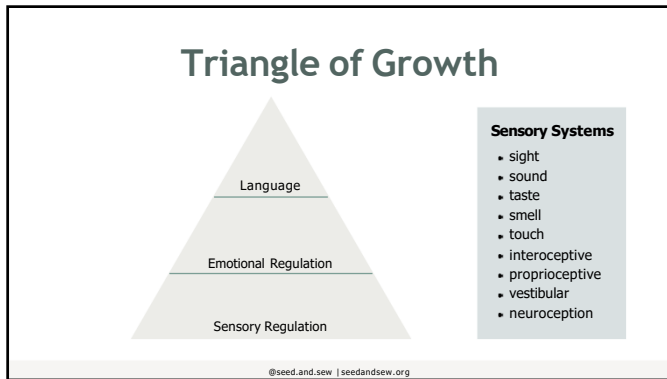
@seed.and.sew | seedandsew.org

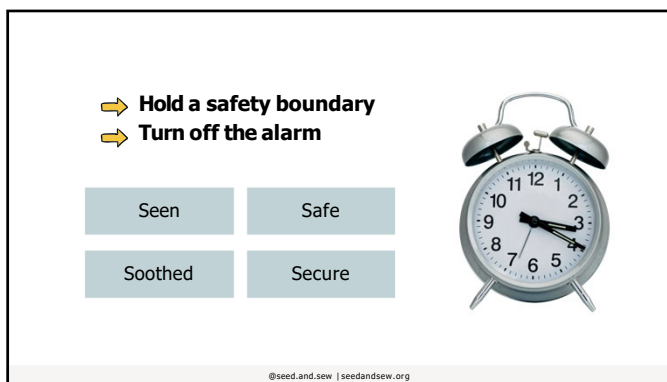


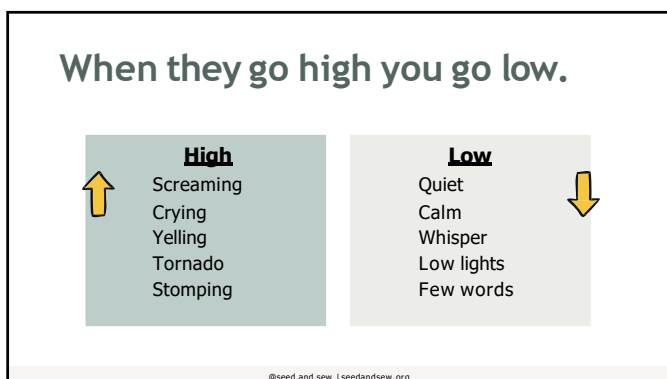


Sensory Needs	Connection Needs
• Vestibular movement • Proprioceptive movement • Tactile input • Control over sound • Decreased sound • Decreased clutter • Organizational system • Task management support • Hunger/Thirst • Fatigue • Overwhelm	• Belonging • Inclusion • Validation • Attention from adults • Attention from peers • Consistency & predictability • Repair with adults • Repair with peers • Individual Recognition

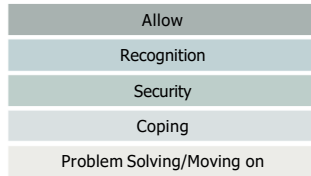
@seed.and.sew | seedandsew.org







Phases of Emotion Processing



@seed.and.sew | seedandsew.org

Coping Mechanisms and Strategies

Mechanisms



Using coping mechanisms is like hitting the snooze button. The problem temporarily dissipates, and it will come up again until we hold space and process it.

Numbing & distracting

- Redirection
- Being playful
- Screens
- Distraction



Strategies

Using coping strategies is the key to regulating the nervous system and processing an emotion or experience.

Calming & regulating

- Deep breaths
- Moving your body
- A hug
- Coloring

@seed.and.sew | seedandsew.org



Am I lovable when...

- Im having a hard time
- I feel overwhelmed
- I'm yearning for connection
- Idon't feel included
- Idon't know the answer
- My body is moving faster than my brain

@seed.and.sew | seedandsew.org

Perfection is not the goal.

Doing this work effectively 20%
of the time yields lasting results.

@seed.and.sew | seedandsew.org



Interested in working
with Alyssa and the
Seed & Sew team?
Scan to
connect with
our team!

Connect with us

@seed.and.sew

Voices of Your Village Podcast

SeedAndSew.org

Book #1: Tiny Humans, Big Emotions

Book #2: Big Kids, Bigger Feelings
