



## Episode Notes

### 04. Blooming Books About Self-Regulation

with The Well Counseling Center's Carly Kirk

top book picks:

1. *Barbara Throws a Wobbler*, by Nadia Shireen
2. *I Breathe for Me*, by Reese Shayne - releasing March
3. Carly's pick: *Breathe Like Bear* by Kira Willey

**\*denotes questions for guest**

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### Voiceover & Music INTRO

*Hi, I'm Lauren, a mom, former teacher turned children's book author and your host who joins special guests each episode as we share our top kid lit picks for sparking hard conversations, the easy way. Yep, that means everything from tackling bullying and out-of-control anger, to celebrating diversity, inclusion, and leading with kindness, plus so much more. My whole mission of my own children's book series, *Blooming Rose*, is to provide social and emotional support tools for in and out of the classroom - and this podcast is my way to expand that mission even further. So, stay tuned as we dive into this week's topic on **The Blooming Books Podcast**.*

*(music fades out)*

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## **Segment 1 (5min): Welcome & Guest introduction**

*Hi guys, it's Lauren, and I'm here with our special guest today, the co-founder and lead therapist at The Well Counseling Center in Katy, TX, a Licensed Clinical Social Worker with a background in school-based social work that included years of practicing in the school setting, and gives her a unique perspective when working with adolescents and families, please welcome Ms. Carly Kirk!*

*Thank you so much for being on our podcast! We'll share how to connect with your amazing Counseling Center at the end of the episode, but first let's get to know a little more about you...*

***Carly, can you tell me a little bit about how you got into counseling, you mentioned working in schools...***

...

*Ok, let's get into some silly and random rapid fire questions, just for fun...*

- 1. What is your favorite destination you've travelled to?***
- 2. If you were to write a book, what genre or topic would it be?***
- 3. What is your coffee order?***

## **Segment 2 (10min): Topic Intro**

*Ok, now let's switch gears and dive into this week's topic. So, I think self-regulation is one of the more important topics, obviously about regulating your array of emotions, and especially when first talking about SEL because it's really the basis of gaining emotional stability.*

***Can you give us your take on what self-regulation means to you and how to apply it with your patients?***

...

*Obviously self-regulation comes in handy the most when dealing with frustrating or upsetting feelings, **what are your top 3 tips for self-regulation for anger in particular?***

...

*I also want to add that a lot of techniques are based off of observations and modeling healthy responses for our kiddos, and even as parents, because we're not perfect, being able to admit to unhealthy responses, apologizing if necessary and moving forward...*

**Do you have those types of conversations with parents in your practice as well?**

...

*Ok, let's chat about our book picks, because books really are a magical way to relate kids to a concrete character that they can see and feel react in situations that might be similar to what they're experiencing, knowing they're not alone in feeling a certain type of way - that's so valuable in my opinion*

**- Can you tell us about your book pick...**

*- So the book I chose is called "Barbara Throws a Wobbler" by Nadia Shireen - I love this book because it uses the term wobbler, which is fun to say, but it also has a little guide to other bad mood feelings in the back to help kids identify what type of mood it is they're in - which is the first step in self-regulation; so throughout the story, Barbara keeps having little things frustrate her, and she bottles them up, which I've talked to my own daughter about doing this, and lo and behold she ends up blowing up eventually. And she's struggling with feeling embarrassed in front of her peers, which is totally relatable, and she has to learn how to let go of those feelings, and her little wobbler cloud that's following her around reminds her that she created these feelings in the first place, and that means she also has the power to release them as well, which I love... **Carly, I'm sure you're familiar with wobblers?!***

*- Another book that is out now by the time this podcast airs is "I Breathe For Me" by Reesa Shayne, it releases in March and it's about using breathing techniques to calm and ground yourself, it's a beautifully illustrated book and I can't wait to get my hands on my pre-ordered copy...we actually have a Blooming Rose book in the works about breathing techniques as well...called Blooming Rose Chills Out... **Do you teach breath work in your practice?***

### **Segment 3 (5min): Resource Sneak Peek & #WinoftheWeek!**

*So, with every episode I'll be choosing at least one of the books we've discussed that pairs well with a correlating SEL resource, which is available on our TeachersPayTeachers page, it will be linked in the show notes along with all the books we've discussed!*

*This week I've created a **Cloudy Day writing resource** that prompts students to write or draw, depending on their grade level, some situations where they've felt cloudy. There's an option to share and discuss their situations so they feel related to others, as well as ways to turn that cloud upside down...so if you'd like to check that out, check our show notes and there will also be a blog post about it which goes into more detail...*

### **#WinoftheWeek!**

*Ok, before we go, let's take a minute to share our #WinoftheWeek, because none of us are perfect parents, educators, or counselors, so let's celebrate what went right!*

***So without giving away any identifying details of course, what's one situation you've been in lately where you really felt you had a breakthrough moment, or moment of connection with one of your kiddos?***

...

*Well Carly, this has been so fun, so insightful, thank you again so much for jumping at the chance to be one of our very first guests on our first season! But, before we go...*

***Can you tell us a little bit about The Well Counseling Center, and how people can stay in touch and follow along with your amazing space you've created here in Katy...***

...

*Ok, I think that's it or this week's episode, thank you again, Carly, for joining us, and thank you guys for listening, I hope you've gained a couple of helpful*

*nuggets for guiding your kids or students through the wobblest of wobblers - we'll see you guys next time on The Blooming Books Podcast!*

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### **Voiceover & Music OUTRO**

*Thank you for listening to the Blooming Books Podcast recorded and produced by Blooming Rose Kids. We've opted to keep our series ad-free, and if you'd like to support our efforts, please consider shopping our own custom-signed Blooming Rose books at [BloomingRoseKids.com](http://BloomingRoseKids.com) and our academic materials on our TeachersPayTeachers page. All of the books mentioned in this episode are also available via our affiliate links in the show notes. We so appreciate you being here, hope to see you next time.*

*(music fades out)*

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### **Show Notes**

#### **This episode of The Blooming Books Podcast all about self-regulation!**

With the ability to identify, acknowledge and release big feelings, self-regulation is at the heart of emotional support tools.

Our special guest, Carly Kirk, is the lead therapist and co-founder of The Well Counseling Center in Katy, TX. With a background in social work in the public school setting, and now a family therapist in her own practice, she lends her insights and experience as we reflect on our own self-regulation habits, and how to best model it for our kids.

Plus, tune in for three book picks and one activity resource to spark the tricky conversation around self-regulation, the easy way!

#### **Podcast Segments:**

Intro + Guest Welcome (:00)

Topic Intro (9:15)

Books Picks (19:15)

SEL Resource Highlight (25:35)

#WinoftheWeek (26:22)

**Book Links:**

*all books are linked on our website: **BloomingRoseKids.com/podcast** plus individual links below*

*Breathe Like a Bear, by Kira Willey*

*Barbara Throws a Wobbler, by Nadia Shireen*

*I Breathe For Me, by Reesa Shayne*

**Resource Link:**

<https://www.teacherspayteachers.com/Product/SEL-Activity-Cloudy-Day-self-regulation-strategies-writing-reflection-11221578>

**Connect with our Guest:**

newsletter & resources - [thewellcounselingkaty.com](http://thewellcounselingkaty.com)

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