



**FSE REGULATION
STRATEGIES**

~SEPTEMBER~

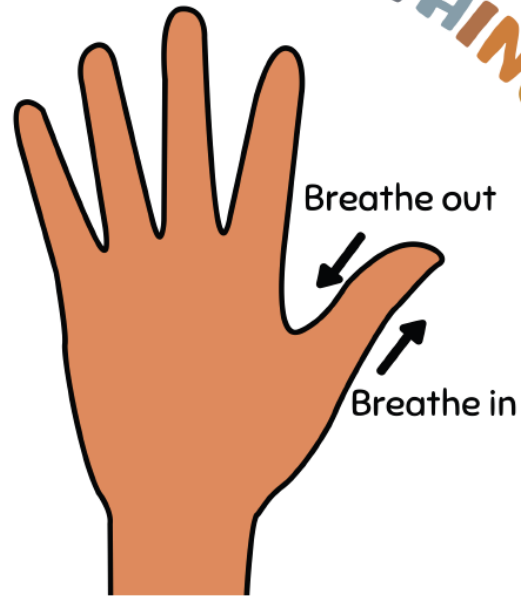
Why Use These Strategies?



These strategies will help calm our brains, which will help us to learn, be creative and make good decisions.

Strategy #1

TAKE FIVE BREATHING



Open one palm and place it in front of you.
Using your pointer finger, trace your palm.
Breathe in as you trace upwards.
Breathe out as you trace downwards.
Repeat this for the other 4 fingers.

Strategy #2

READ THE COLOUR OF THE INK
AND NOT THE WORD AS FAST
AS YOU CAN!

GREEN	BLUE	BLUE	BLUE
RED	RED	RED	GREEN
BLUE	RED	BLUE	RED
RED	GREEN	GREEN	BLUE
GREEN	BLUE	RED	RED

HOW MANY CAN YOU DO WITHOUT
A MISTAKE?

TIME EACH OTHER! WHO IS FASTEST?

Strategy #3

PEACE SIGN-THUMBS UP SWITCH!

MAKE A PEACE SIGN WITH ONE HAND AND A THUMBS UP WITH THE OTHER.



NOW SWITCH HANDS AS SMOOTHLY
(AND AS QUICKLY) AS YOU CAN.

NOTICE HOW YOU WILL NEED TO FOCUS YOUR ATTENTION.