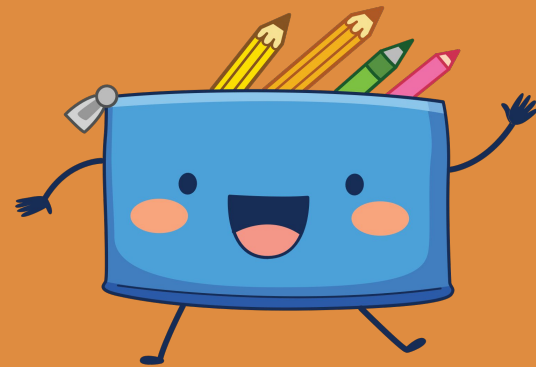
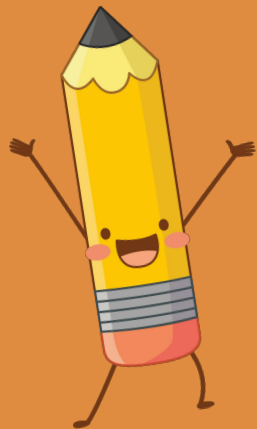


FSE Regulation Strategies

~October~



Strategy #1

THE PHYSIOLOGICAL SIGH

1. TAKE TWO SHORTER BREATHS IN
2. RELEASE YOUR BREATH IN A LONG SIGH

IT IS THE OUTBREATH THAT STEADIES THE BOTTOM OF THE BRAIN, ALLOWING US TO ACCESS THE CORTEX, OR RATIONAL PART OF THE BRAIN.

BABIES DO THIS NATURALLY WHEN THEY HAVE HAD A LONG PERIOD OF CRYING.

YOU WILL ALSO SEE ATHLETES DO THIS BEFORE THEY ARE PERFORMING.



Strategy #2

FEATHER BREATHING

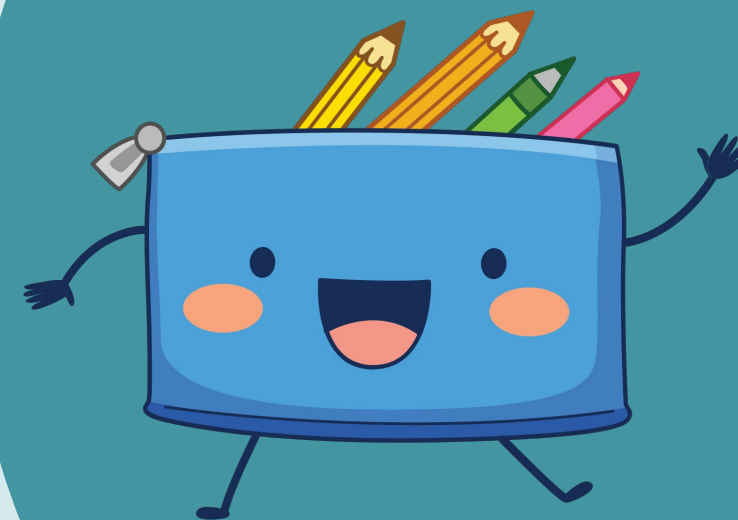
OH SO FUN!

Toddlers, preschoolers, and grade-schoolers will love this exercise.

How to:

- ★ Collect different colored feathers.
- ★ Hold your feather in your hand and inhale for a count of three. Feel your breath entering the deepest part of your belly.
(To learn how to take a deep breath, put your hands on your belly and feel the rise and fall.)
- ★ Then, slowly exhale through the nose, and while exhaling, **blow gently up one side of the feather and down the other side.**

MINDFULMAZING



Strategy #3

Give me food
and I will live,
Give me water,
and I will die.



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What has legs
but cannot walk?



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I have a tail
and a head, but
no body.

What am I?



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What goes around
the world without
leaving its corner?



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The more you take
away, the bigger it
gets.



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We are twins, We are
close together, But
we will not touch, But
far apart, We
become one. What
are we?



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Strategy #4



FULL BODY STRETCH



Stand up straight. Place both feet shoulder-width apart.

Find your balance.

Slowly stretch your arms up high; imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

Relax for 10 seconds.

Repeat ten times or until you feel calm again.



Strategy #5

Color each space with a colour that feels like a specific person, place or thing that you love and are grateful for.
Open your heart to everything big and small.

