



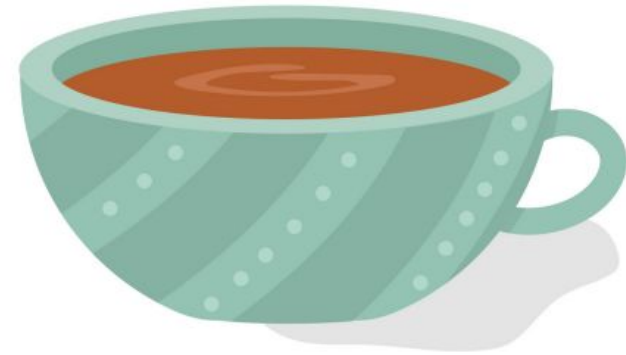
FSE Regulation Strategies

~November~

Strategy

#1

Hot Chocolate Breath



- Imagine you are holding a warm cup of hot chocolate.
- Breathe in deeply through your nose to smell the creamy, sweet scent of chocolate.
- Breathe out slowly through your mouth to cool the hot chocolate.

Strategy #2

Tree Pose



Stand straight and bend your right knee. Press your right foot against your left thigh, above your knee. Stretch your hands above your head and press your hands together.

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Mountain Pose



Stand tall and align your feet such that they are parallel and slightly apart. Relax your arms and shoulders, and bring them to your sides. Hold this pose and take 5 to 10 deep breaths.

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Strategy

PEN REVOLUTION

(ACTIVATING- FOCUSED ATTENTION)



**EACH PERSON TAKES OUT A PEN.
THROW THE PEN IN THE AIR AND CATCH IT AFTER IT REVOLVES ONCE.
THEN TRY TWO REVOLUTIONS.**

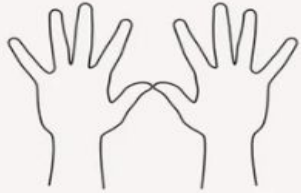
**NOW FIND A PARTNER AND PRACTICE GENTLY THROWING THEM TO EACH OTHER IN
ONE REVOLUTION AND THEN TWO.**

**TOO EASY?
TRY WITH YOUR NON-DOMINANT HAND.
NOTICE THE LEVEL OF ATTENTION AND FOCUS YOU HAVE TO USE.**

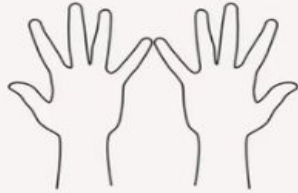
****CLASS MAY REQUIRE A "SETTLING" REGULATORY STRATEGY FOLLOWING THIS**

Butterfly Tapping

- 1** Put your hands out in front of your chest, palms facing away from you



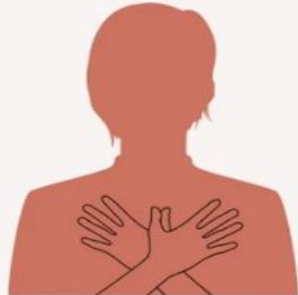
- 2** Flip your hands over so the palms are facing you.



- 3** Cross your wrists and hook your thumbs so your hands make a butterfly.



- 4** Place your butterfly hands on your chest.



- 5** Begin tapping quickly, first one hand then the other back and forth.



- 6** Then repeat as many times as you need.



Strategy

#4