



FSE Regulation Strategies ~December~

Strategy #1

Deep Breathing Christmas Tree

TRACE THE RIBBONS ON THE TREE.

TRACE UP & BREATHE IN.

TRACE DOWN & BREATHE OUT.



THE OT TOOLBOX.COM

Strategy #2

SNOWMAN BREATHS

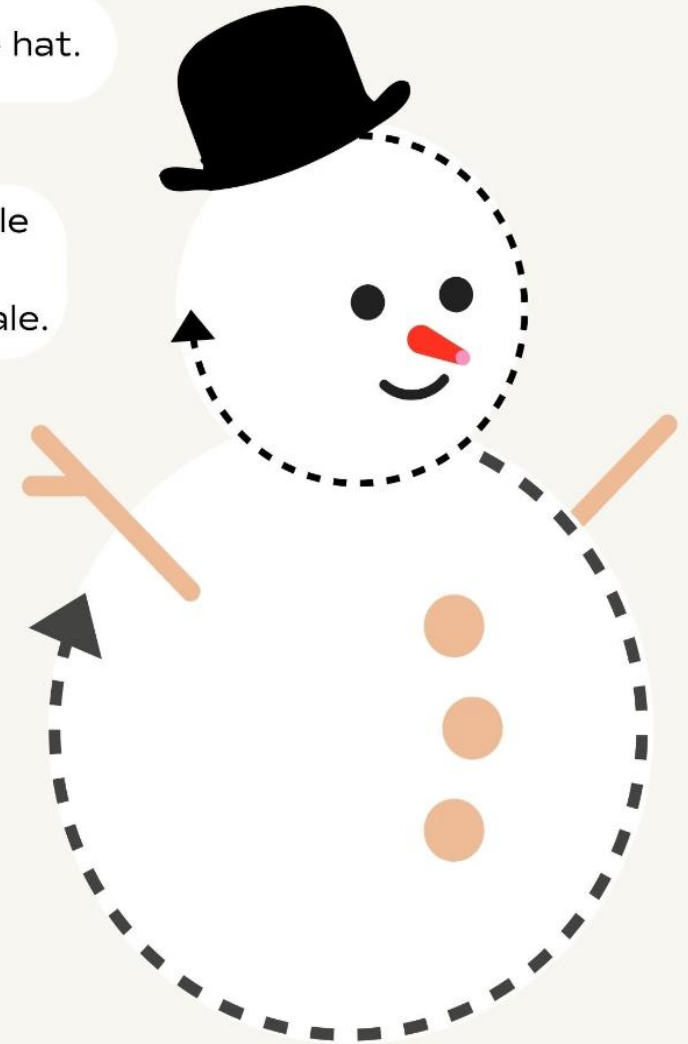
LAURA LYN
KNIGHT

Place your finger on the hat.

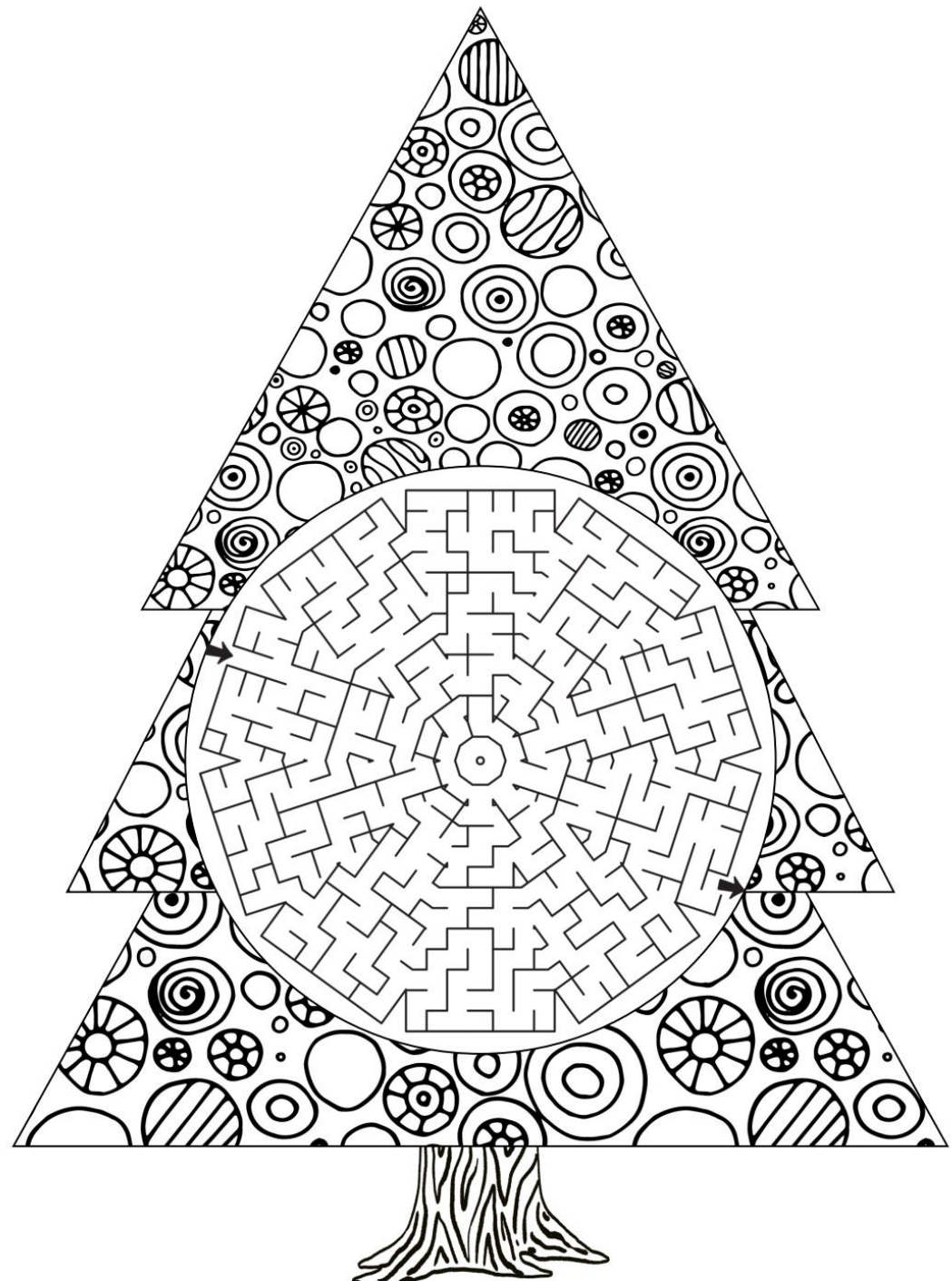
Now trace the first circle of the Snowman while taking a deep, slow inhale.

Then trace the second circle of the Snowman while slowly exhaling.

Do this 5 times and see how much calmer you feel!



Strategy #3



Strategy #4

Holiday Cookie Mindfulness Coloring

Directions: Decorate the jar of seasonal cookies.

