

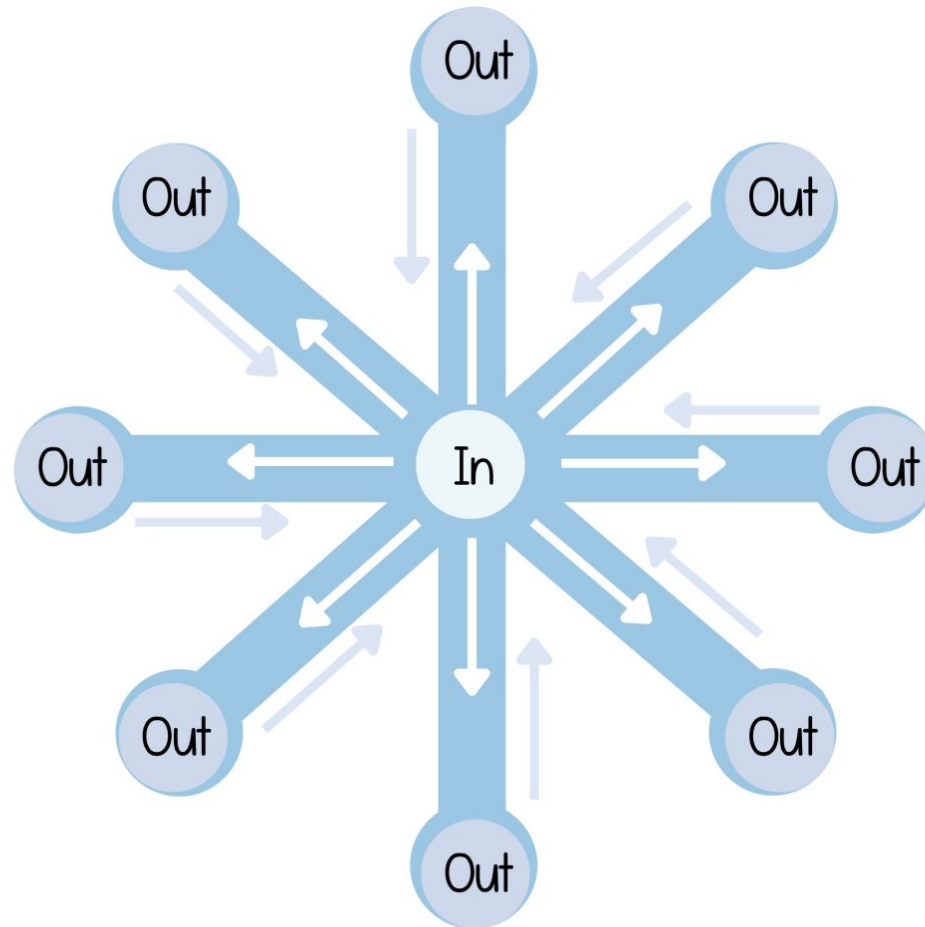
**FSE REGULATION
STRATEGIES
~JANUARY~**

STRATEGY #1

Snowflake Breathing

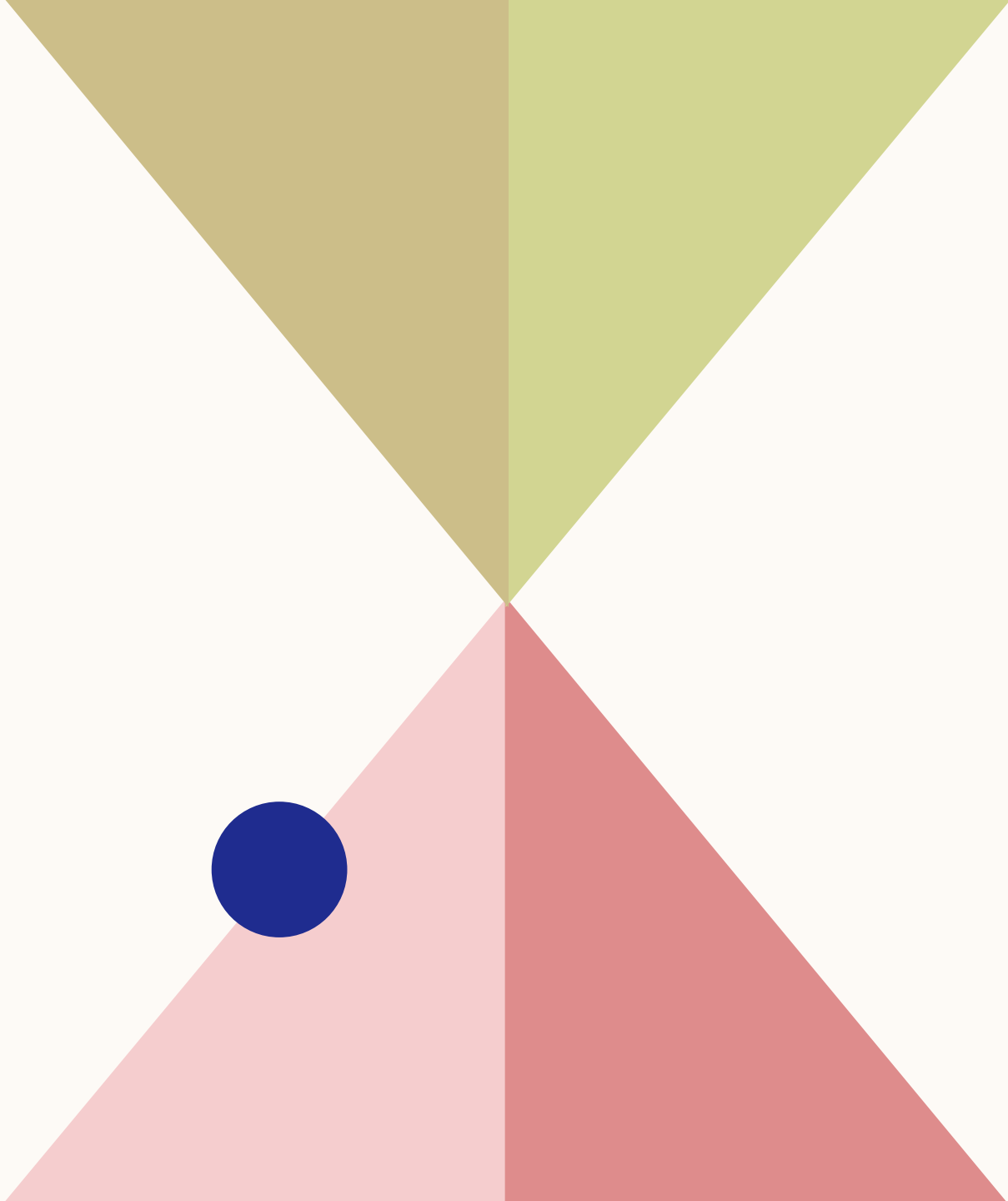
Directions:

Use your finger to trace the outline of the shape. Start from the center of the snowflake. Follow one of the arrows and breathe out. Turn back and breathe in, then follow the next line. Do this at least 3 times or until you feel calmer.



STRATEGY #2

5 - 4 - 3 - 2 - 1
Grounding Technique



STRATEGY #3



You Sparkle
Like Snow!

Keep Your Cool!!



STRATEGY #4

The Sweater of Feelings

- #1 What are you feeling right now? Happy, curious, or maybe a mix of feelings?
- #2 Every feeling you have is unique – just like a sweater! Imagine your feelings can turn into colorful patterns or shapes on a sweater.
- #3 Use colors and drawings to show your feelings on the sweater. Maybe use red for excitement, blue for calm, or both if you're feeling a mix of emotions!

