



FSE
Regulation
Strategies
~February~

Strategy #1

40 . S I G H I N G

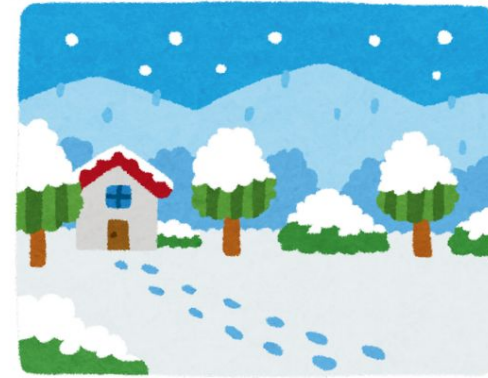
With a huge deep breath, let out the largest sigh you can! This is not a scream or shout but the swirling sound your voice creates when you let all the vocal energy go! Sighing can lead to yawning, and giant yawns calm the nervous system. Maybe we will try three sighs in a row!



Strategy #2

Ground Your Mind

Imagine you are playing in the snow:



 What can you see around you?

 How does the cold, powdery snow feel in your hands?

 What sounds do you hear around you?

 What do you think a warm cup of hot chocolate tastes like?

 What does the crisp winter air smell like?

Strategy #3

18. FINGER TAPPING & RHYTHMIC BREATHING

With both hands at the same time, begin with your thumb and first finger and tap fingers from the first finger to pinky as you tap all four fingers, you take a long inhale and as you tap back to the thumb and first finger, take a long exhale.

Repeat the tapping and breathing for one minute.

