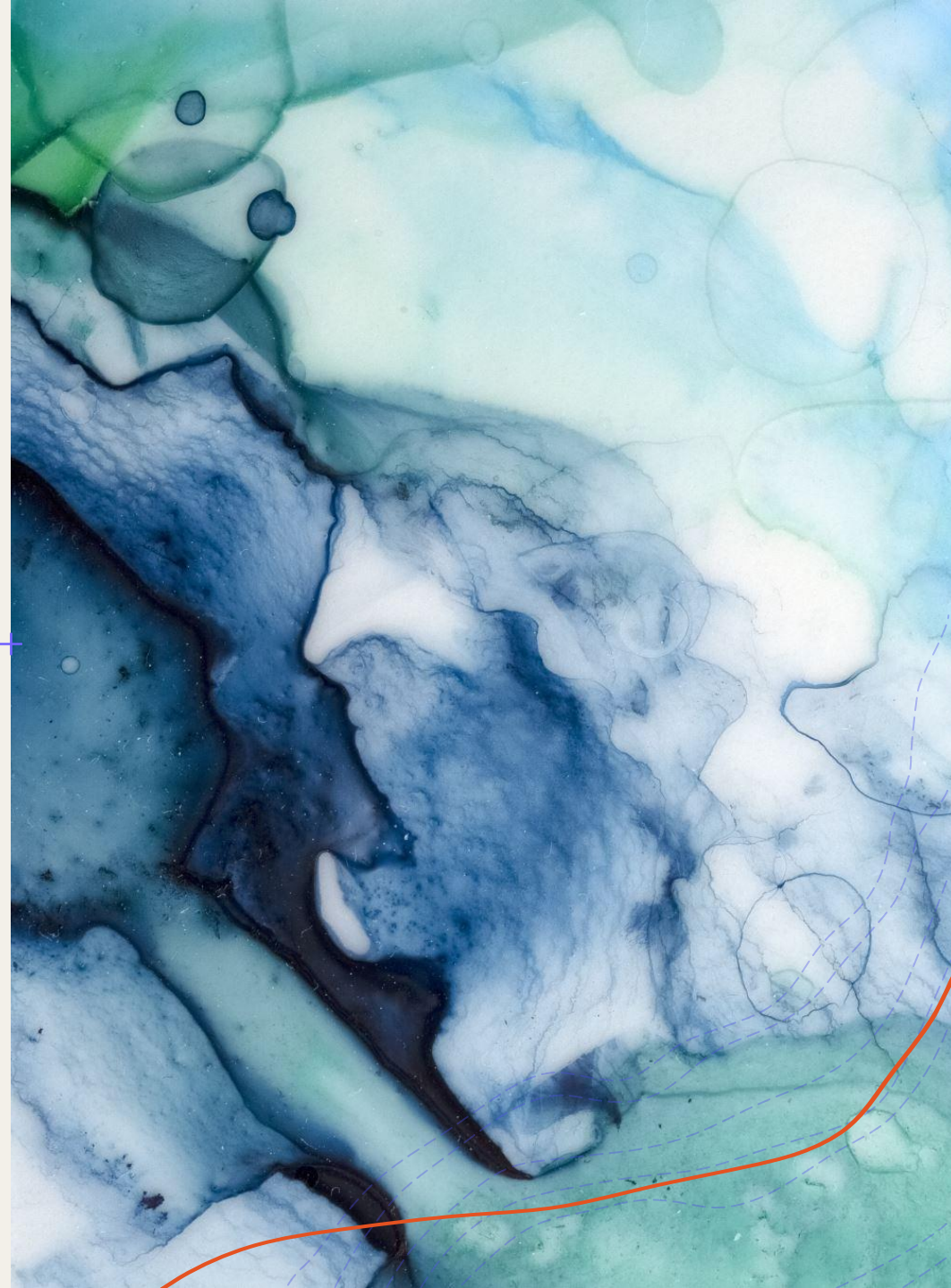


FSE Regulation Strategies ~ March ~



Strategy to Calm Amygdala

RAINBOW BREATHING

- Breathe in slowly as you trace the red arc of the rainbow
- Hold your breath when you reach the cloud
- Breathe out slowly as you trace the orange arc back to the first cloud
- Hold your breath on the cloud
- Continue the sequence



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Strategy to Calm Amygdala

FOUR LEAF CLOVER BREATHS

LAURA L'AM
KNIGHT



Trace your finger along the sides of the clover. Follow the "Breathe In, Hold, Breathe Out" instructions as you trace your finger. Breathe in slowly for 2-3 seconds, hold for 2-3 seconds, and breathe out slowly for 2-3 seconds. Repeat this exercise until you trace every leaf of the clover!



Strategy to Activate Prefrontal Cortex



MARCH Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

R N O I L K C I R T A P T S R C
 K W N S G N I V A S X S L E M R
 Y B U T T E R F L Y E A W R F O
 Q D T K G N R X T N M O T H G C
 N J N G R E E N E B L H N N D U
 N O N I N X R L K F N G I A X S
 B Y S E W R X P S L P R F H T L
 M F W A M T E V A D P F K C R X
 X A T O E D R T B S O K C R E O
 L I O H T S J A S D M I O A B N
 H L R Y K K W N I A K T R M I I
 B L C I K P H L X N E E M Y R U
 D J K H S C T H G I L Y A D T Q
 V Z D F I H U C M Q P Z H V H E
 P D G W M C H L E N I H S N U S
 X T U L I P K B H A T C H I N G

BASKET
 BLOOM
 BUTTERFLY
 CHICK
 CROCUS
 DAFFODIL
 DAYLIGHT
 EASTER
 EQUINOX
 FLOWER
 GREEN
 HATCHING
 IRISH
 KITE
 LAMB
 LION
 LUCKY
 MARCH
 NEST
 RAIN
 REBIRTH
 RENEWAL



ST. PATRICK
 SUNSHINE
 TULIP
 WINDY



SAVINGS
 SEASON
 SHAMROCK
 SPRING



Strategy to Activate Prefrontal Cortex

