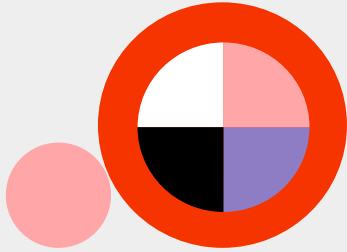


FSE Regulation Strategies

~April~



Strategy #1



CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



Mindfulness Outdoors

Let's take a moment to stand or sit as still as the trunk of a tree to connect with our surroundings using our ears to listen, our eyes to see and our hands to feel.

Can you see a:



bird



tree



flower

Can you hear a:



plane



singing bird



rustling leaves

Can you feel something:



rough

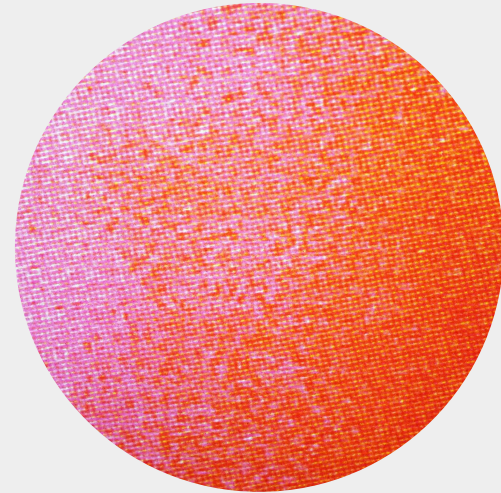
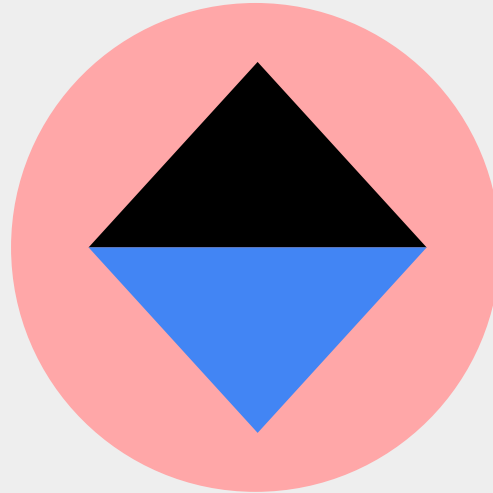
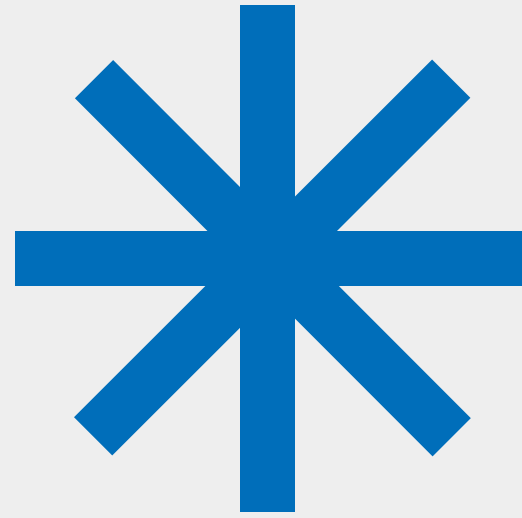


smooth



crumbly

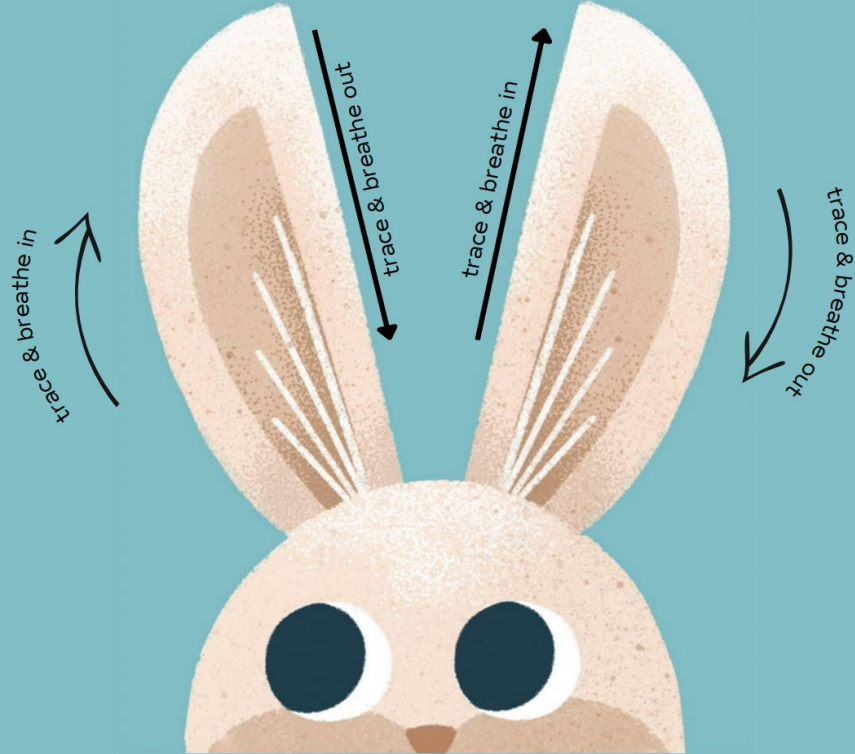
Strategy #2

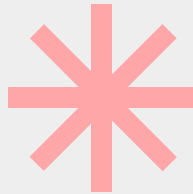


Strategy #3

TRACE & BREATHE WITH HARE

Take a breather with Hare and let him help you calm your big feelings! Hare has long bunny ears that you can trace as you breathe in and out slowly. Simply trace your finger along the sides of Hare's ears while deep breathing (use the arrows to guide you!).





Strategy #4



5 Minute Meditation

STEP 1: Relax into your body. Breath deeply into your stomach a few times.

STEP 2: Now, imagine you're lying on the warm beach. Nothing around you except sand and seashells.

STEP 3: Focus on each area of your body from your toes, to the top of your head.

STEP 4: With each worry, concern, or thought, simply imagine it as an air bubble floating away from you.

STEP 4: Repeat process until calm.