

<b>SOUND, SMELL, or TOUCH</b>	
<p>MUSIC or SOUNDSCAPES <i>On face or back of neck</i></p> <p>COLD WATER <i>Different textures</i></p> <p>SENSORY STRIPS</p> <p>BINAURAL BEATS or CERTAIN FREQUENCIES <i>Beta, alpha, theta</i></p> <p>SCENTS <i>Necklace, cotton ball</i></p>	<p>PROPRIOCEPTIVE INPUT</p> <p>TOP, BACK OF HEAD, NECK or FACE <i>Deep pressure</i></p> <p>ARMS or LEGS <i>Squeeze or stretch</i></p> <p>FINGERS, FINGERTIPS, HANDS <i>Pull, push, or pressure on center of palm</i></p> <p>RESISTANCE BANDS <i>Arms, legs, or around body</i></p> <p>BACK TO WALL SQUAT or WALL PUSH <i>Bend knees with back to wall, or push</i></p>
<p>RHYTHM</p> <p>CLAPPING, STOMPING, DRUMMING <i>Heartbeats</i></p> <p>DANCE TO BEATS, BODY PERCUSSION <i>Patterned, repetitive</i></p> <p>CATCH, PASS, SQUEEZE <i>Ball or learning tool</i></p> <p>CHEWING GYM YOGA BALL or ROCKING CHAIR</p>	<p>PROPRIOCEPTIVE INPUT</p> <p>TOP, BACK OF HEAD, NECK or FACE <i>Deep pressure</i></p> <p>ARMS or LEGS <i>Squeeze or stretch</i></p> <p>FINGERS, FINGERTIPS, HANDS <i>Pull, push, or pressure on center of palm</i></p> <p>RESISTANCE BANDS <i>Arms, legs, or around body</i></p> <p>BACK TO WALL SQUAT or WALL PUSH <i>Bend knees with back to wall, or push</i></p>

## One Foot In & One Foot Out

REGULATION IN THE MIDST OF DYSREGULATION

**What is my experience right now? What do I need?**

Name my experience out loud or in my head

### **BREATH**

3,5,7 BREATH

*In, hold, out - Longer exhale, Down regulate*

TRIANGLE BREATH

*In, hold, out - Balanced*

BUNNY BREATH

*3 quick In, 1 out - Up regulate*

FINGER BREATH

*In, out, fast or slow - Balanced*

HORSE BREATH

*Out through lips - Vibration*

### **INTENTIONAL MOVEMENT**

CROSS CRAWLS

*Arm to opposite raised knee - Crossing midline*

SHAKING or ROLLING

*Shoulders, arms, legs, ankles*

SWAYING

*Side to side or front to back*

BUTTERFLY HUG

*Bilateral tapping across chest*

JUMPING or BOUNCING

*On both feet or foot to foot - Balance*



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JUMPING or BOUNCING

*On both feet or foot to foot - Balance*

## PROPRIOCEPTIVE INPUT

TOP, BACK OF HEAD, NECK or FACE

*Deep pressure*

ARMS or LEGS

*Squeeze or stretch*

FINGERS, FINGERTIPS, HANDS

*Pull, push, or pressure on center of palm*

RESISTANCE BANDS

*Arms, legs, or around body*

BACK TO WALL SQUAT or WALL PUSH

*Bend knees with back to wall, or push*

## RHYTHM

CLAPPING, STOMPING, DRUMMING

*Heartbeats*

DANCE TO BEATS, BODY

PERCUSSION

*Patterned, repetitive*

CATCH, PASS, SQUEEZE

*Ball or learning tool*

CHEWING GYM

YOGA BALL or ROCKING CHAIR

## SOUND, SMELL, or TOUCH

SENSORY STRIPS

*Different textures*

COLD WATER

*On face or back of neck*

MUSIC or SOUNDSCAPES

BINAURAL BEATS or CERTAIN

FREQUENCIES

*Beta, alpha, theta*

SCENTS

*Necklace, cotton ball*