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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

CROSS CRAWLS

Arm to opposite raised knee - Crossing

Bend knees with back to wall, or push

Pull, push, or pressure on center of palm

TOP, BACK OF HEAD, NECK or FACE

FINGERS, FINGERTIPS, HANDS

РКОРКІОСЕРТІУЕ ІИРОТ

Arms, legs, or around body

RESISTANCE BANDS

Squeeze or stretch

ARMS or LEGS Deep pressure

BACK TO WALL SQUAT or WALL PUSH

INTENTIONAL MOVEMENT

SHAKING or ROLLING

Shoulders, arms, legs, ankles

Side to side or front to back

Bilateral tapping across chest JUMPING or BOUNCING

On both feet or foot to foot - Balance

BUTTERFLY HUG

Name my experience out loud or in my head

midline

SWAYING

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

REGULATION IN THE MIDST OF DYSREGULATION

One Foot In & One Foot Out

SYNERGETIC EDUCATION INSTITUTET

DANCE TO BEATS, BODY Heartbeats CLAPPING, STOMPING, DRUMMING **RHYTHM**

Ball or learning tool CATCH, PASS, SQUEEZE Patterned, repetitive **PERCUSSION**

YOGA BALL OF ROCKING CHAIR CHEMING GKM

SCENTS Reτα' αιρυα' τυετα COLD WATER **НИЕОПЕИСІЕ** Different textures BINAURAL BEATS or CERTAIN **SENSORY STRIPS** SOUND, SMELL, or TOUCH

Necklace, cotton ball MUSIC or SOUNDSCAPES Ou tace or back of neck

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

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