

Name:

Date:

Break:

Scheduled  Regulation

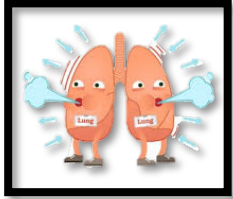
Time In:

## Checking In: Listening to my Body



Is my heart beating fast or slow?

Heartrate:

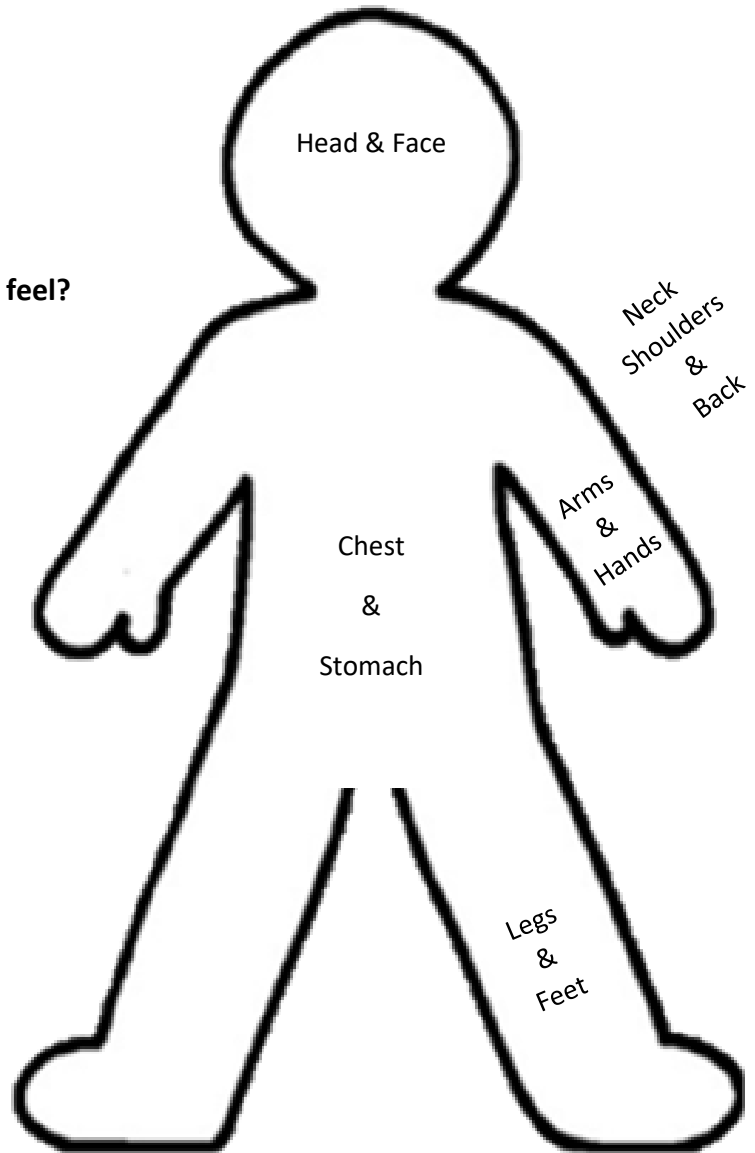


Is my Breathing in my chest or in my belly, is it fast or slow?

How do my muscles and different parts of my body feel?

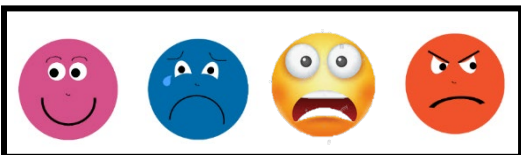
Tight  
Tense  
Tingly  
Loose  
Stretched  
Tired  
Fuzzy, Foggy, or Dizzy

Heavy  
Sore  
Nauseous  
Frozen or Stuck  
Fidgety  
Numb



My body is talking to me, what is it saying?

I feel...



Name:

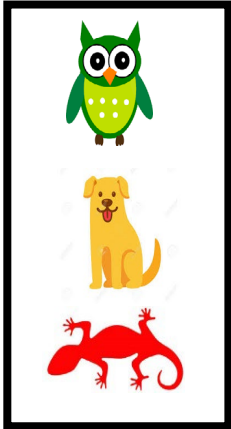
Date:

Heartrate:

Time Out:

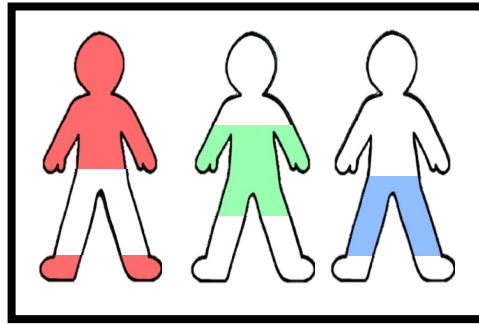
**CHECK OUT:**

How do I know when I am regulated?



In my owl brain.  
I can stop and think.

Yes or No



Braindrops in the middle.  
I can control my body.

Yes or No



Can take slow, deep breaths.  
I can control my breathe.

Yes or No

Am I regulated? Yes or No

**What helped me regulate?**

- Water Lights
- Fish Tower
- Massage Chairs
- Hanging Pods
- Tent
- Balance maze
- Body sock
- Squeeze roller
- Games, Legos
- Other:

- Trampoline
- Crash pad
- Yoga balls or peanut balls
- Sit disc
- Duck walker
- Rolling tunnel
- Rocking U
- Foot pads
- Other: