

Nervous System Symptoms of Regulation and Dys-Regulation In the Classroom

States of Arousal	Sensations	Behaviors
<p>Dys-Regulated Nervous System</p> <p>Hyper-Arousal</p> <p>Energy goes to our extremities, our head/face, arms/hands, and legs/feet, as we prepare to “take on” a perceived threat.</p>	<p>The following body states or sensations:</p> <ul style="list-style-type: none"> Increased heart rate Sweaty palms Highly Irritable Overwhelmed or overwhelming others Anxiety Defensive or Aggressive Hyper-alertness - hears/sees everything Hyper-vigilance - seems ready to pounce 	<p>The following on-going excessive behaviors:</p> <ul style="list-style-type: none"> Getting in others’ space Moving from thing to thing Spinning, Jumping, Pounding Making noises/sounds Calling out Jumping from thought to thought Biting nails or shirt Chewing or Tapping pencil
<p>Regulated Nervous System</p> <p>Within our Window of Tolerance</p>	<p>Feeling “grounded”</p> <ul style="list-style-type: none"> Able to recognize physiological sensations Able to notice breath 	<ul style="list-style-type: none"> Displaying wide range of emotional expression Ability to initiate and inhibit Able to focus and shift focus Thinking logically and clearly Communication effectively Holding up body without great effort Able to change pace of movements Demonstrating self-regulation
<p>Dys-Regulated Nervous System</p> <p>Hypo-Arousal</p> <p>Energy goes inward as we prepare to “shut down” to protect ourselves from a perceived threat.</p>	<p>Seems numb, unable to feel body</p> <ul style="list-style-type: none"> Shuts down Lethargic Excessively tired Non-expressive Lack of motivation or initiative 	<ul style="list-style-type: none"> Withdrawn or Won't participate Says "I can't" or "It's too hard" Easily gives up Whining Unresponsive to others Can't make choices Overly compliant Covers face or head or Head on desk Slumped forward or Collapsed body Arms or legs pulled into self

WHAT IS THE BEHAVIOR COMMUNICATING?



Synergetic Play Therapy™ Regulation Activities for School

Listed below are just some examples of activities that can be used to help regulate a dys-regulated nervous system. It is wise to do these activities pro-actively, as well as in moments of dys-regulation.

- | | | |
|--|---|---|
| <input type="checkbox"/> Put your hand in front of your mouth, on your chest or on your belly and "find your breathe" | <input type="checkbox"/> Use Braindrops Language or other ways to talk about states of arousal | <input type="checkbox"/> Rub gently or vigorously on your skin or clothing |
| <input type="checkbox"/> Belly breathing, or other breathing | <input type="checkbox"/> Describe what is happening in your body out loud--- "My shoulders are tight", "My legs feel heavy", etc... | <input type="checkbox"/> Get a drink of water |
| <input type="checkbox"/> Interlace your fingers and put your hands behind your neck with your elbows out to the sides | <input type="checkbox"/> Use a learning tool | <input type="checkbox"/> Put cold or hot water/wash cloth on face |
| <input type="checkbox"/> Sit in a chair and push up with your arms as if trying to get out of the chair, keep some resistance or do Chair yoga | <input type="checkbox"/> Balance on one foot, then the other | <input type="checkbox"/> Eat (particularly something crunchy) |
| <input type="checkbox"/> Deep pressure on arms and legs. Squeeze your muscles | <input type="checkbox"/> Carry heavy things or push heavy things around | <input type="checkbox"/> Mindful listening, or other mindfulness activity |
| <input type="checkbox"/> Sway back and forth | <input type="checkbox"/> Do isometrics, wall pushups or push hands together | <input type="checkbox"/> Movement and/or Brain break |
| <input type="checkbox"/> Use duck-walker, saucer twist or a balance board | <input type="checkbox"/> Get a book, iPad, or computer | <input type="checkbox"/> March or sing during transitions |
| <input type="checkbox"/> Talk a walk | <input type="checkbox"/> Use In Focus Activity | <input type="checkbox"/> Focus on one sense during transitions |
| <input type="checkbox"/> Dim the lights if in hyper-arousal | <input type="checkbox"/> Run, jump, spin, dance with pauses to take deep breaths | <input type="checkbox"/> Go to cozy corner, or find a pillow or soft chair. |
| <input type="checkbox"/> Play Mozart music in the background during challenging times of the day if in hyper-arousal | <input type="checkbox"/> Bounce on a yoga ball | <input type="checkbox"/> Wrap up in a blanket, or use a weighted blanket or vest. |
| | <input type="checkbox"/> Dance, or other rhythmic movement | <input type="checkbox"/> Use GoNoodle |
| | <input type="checkbox"/> Do Brain Gym: PACE, cross crawls, hook ups | <input type="checkbox"/> Turn on the lights if in hypo-arousal |
| | <input type="checkbox"/> Use alternate seating or standing desk | <input type="checkbox"/> Play Hard Rock/Fast/Bass music if in hypo-arousal |