

## The following things regulate me:

### Breathing

- Triangle or Square
- Snake
- Bunny
- 4,7,8
- Balloon
- Alternate nostril

### Movement

- Swaying
- Shaking foot, leg or arms
- Marching or picking up leg
- Butterfly hug
- Rolling shoulders or ankles

### Body Input

#### **Hands/Fingers**

- Finger pulling
- Make a fist and stretch
- Lift fingers off table
- Thumb touch
- Hand massage

#### **Arms/Shoulders**

- Weave fingers, twist and push
- Arm grasp stretch
- Hugging self

#### **Arms/Legs**

- Body muscle squeezing

#### **Feet/Toes**

- Crunch and uncrunch toes
- Flex and point toes/feet
- Windscreen wipers
- Ankle rolling

#### **Mouth/Face/Head**

- Jaw stretch
- Jaw, cheek or temple rub
- Humming or singing
- Hair stretch
- Neck (Carotid artery) massage

**These learning tools work for me:**

How do I know?

- The braindrops/energy moved to this part of my body.
- My body wanted to (clues from my body).

How does this learning tool help me move my energy in a different way?

How does that help me?

**In this situation what regulation strategy might work?**

- The braindrops/energy moved to this part of my body.
- My body wanted to (clues from my body).