



These tools are for YOU! What will you find in your learning tool bag and WHY?

Proprioceptive input is pressure to your muscles and joints. It can have a strong regulatory impact as it brings a sense of order to your system.

These tools offer proprioceptive input:

- **Body Band** – While holding the handles wrap it behind your back and pull it around your front, like giving yourself a hug. Put it underneath your chair and pull up with your arms. Pull outward stretching it in front of your body or behind your back.
- **Hand-Held Massager** – Push on different parts of your body or move along your arms or legs.
- **Extendable Massager** – Roll over different body parts reaching anywhere when extended.
- **Wearable Acupressure Device** – Use on pressure points between your thumb and first finger.

Tactile input can be soft, feathery touch, stiff, bristly touch, or anything in between anywhere on your body. Shifting attention to your body supports interoceptive awareness, a prerequisite to being able to self-regulate.

These tools offer tactile input:

- **Kabuki Brush** – Provides light, subtle input on your skin that you may like or dislike.
- **Scrubber** – Provides bristly, scratchy input on your skin that you may like or dislike.

Moving your hands in ways that aren't distracting can have a significant regulatory impact, as much of the somatosensory cortex, a part of the brain that modulates sensory input and emotions, is impacted by our hands. Ever noticed that when dysregulated, it's common for students' hands to start moving?

These tools offer hand movement:

- **Spinning Ring** – You can wear it on any finger and spin the outer ring with the other fingers.
- **Marble Mesh** – Move the marble within the mesh using one or both hands.
- **Chain Links** – Move the links between your fingers using one or both hands.
- **Scrunchy** – Pull apart or put around your wrist and pull or twist.

There are many other ways to regulate, such as any rhythmic, patterned movement. These tools are to help you explore what works for you and get curious about your regulatory needs.

WHAT ARE LEARNING TOOLS?

Learning tools are NOT fidgets!

They help us do what we need to do. They don't distract us or others. They don't interfere with learning or teaching.

To support students in exploring their regulatory needs and what regulation strategies work for them, it's beneficial for us to know what our regulatory needs are and what works for us!

Where does the energy go in your body when you start to feel activated? Noticing where the energy goes provides clues to what regulation might work.

Use the QR code to learn more about learning tools, including ideas for classroom tools and a video.

