



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

Video explaining
all strategies



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

<p>Video explaining all strategies</p> 	
<p>SOUND, SMELL, or TOUCH</p> <p>SENSORY STRIPS <i>Different textures</i></p> <p>COLD WATER <i>On face or back of neck</i></p> <p>MUSIC or SOUNDSCAPES <i>On face or back of neck</i></p> <p>SCENTS <i>Beta, alpha, theta</i></p> <p>BINAURAL BEATS or CERTAIN FREQUENCIES <i>Necklace, cotton ball</i></p>	
<p>PROPRIOCEPTIVE INPUT</p> <p>TOP, BACK OF HEAD, NECK or FACE <i>Deep pressure</i></p> <p>ARMS or LEGS <i>Squeeze or stretch</i></p> <p>FINGERS, FINGERTIPS, HANDS <i>Pull, push, or pressure on center of palm</i></p> <p>RESISTANCE BANDS <i>Arms, legs, or around body</i></p> <p>BACK TO WALL SQUAT or WALL PUSH <i>Bend knees with back to wall, or push</i></p>	<p>RHYTHM</p> <p>CLAPPING, STOMPING, DRUMMING <i>Heartbeats</i></p> <p>DANCE TO BEATS, BODY PERCUSSION <i>Patterned, repetitive</i></p> <p>CATCH, PASS, SQUEEZE <i>Ball or learning tool</i></p> <p>CHEWING GYM YOGA BALL or ROCKING CHAIR</p>

SYNERGETIC EDUCATION® INSTITUTE



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