

# REGULATION TECHNIQUES



## CATEGORIES OF SELF-REGULATION

### Physical Needs

- Addressing physical needs is the foundation for self-regulation.
- Adequate hydration & nutrition facilitate optimal behavior & brain function.
- Exercise builds & cleanses the body and calms the mind.
- Rest replenishes & restores the body.

### Oxygenation

- Deep breathing delivers oxygen to the brain and body bringing alertness & a sense of calm.
- Breathing in deeply and breathing out slowly forces the maximum amount of oxygen possible in each breath into the body.

### Muscle Use

- Using major muscles increases blood flow, bringing nutrition and oxygen to the brain and body.
- Activating large muscle groups with activity or pressure brings a sense of grounding, helping children to feel stable.

### Cross Lateral Movement

- Cross lateral movement uses both sides of the brain to synthesize the brain and encourage whole brain activity working in coordination.
- Consider adding rhythms and beats as you use alternate sides of the body.

### Nerve Stimulus

- The entire nervous system is interconnected and works together.
- Stimulating nerves that connect to neural pathways that calm the brain can help with self-regulation.

## SELF-REGULATION TECHNIQUES

- Take a drink.
- Eat a healthy snack.
- Take a walk.
- Move in place.
- Take a nap.
- Hot Soup.
- Five Finger Breathing.
- Volcano Breathing.
- Elephant Breathing.
- Chair Pull Ups.
- Wall Press.
- Floor Press.
- Heavy Lifting.
- Crawling.
- Floor Swimming.
- All Tangled Up.
- Marching Touching Opposite Knees.
- Magic Moustache.
- Finger Tip Massage.

# REGULATION TECHNIQUES



Demonstrate these activities to help a child learn to self regulate. Visual examples help children feel more secure about what is happening and makes it easier for them to try something new.

*“I'm in the  
**RED**  
and may  
flip my lid!”*

## CALMING ACTIVITIES

Try a few of these techniques to help kids learn how to calm themselves and get in balance.

- Weighted Blanket – sit or lie under a heavy blanket
- Head massage – have child or adult use flat hands to gently press on a child's head
- Self-hug – sit on the floor, knees to chest, wrap arms around knees and squeeze
- Deep pressure massage
- Fidget toys or a firm water bottle
- Squeeze and relax the face or hands
- Go to a calm area at regular set intervals or when needed
- Suck on candy or a water bottle
- Provide a heavy lifting task like carrying books or a heavy backpack
- Major muscle group activities
- Exercise
- Dim or turn off the lights
- Play relaxing music

*“I'm in the  
**BLUE**  
and can't  
focus.”*

## ALERTING ACTIVITIES

Try some of these short activities or movement breaks to keep kids alert and focused.

- Move – jog in place, jump, jumping jacks
- Go for a walk
- Facilitate heavy work – move a stack of books
- Drink a cold drink
- Clap hands
- Sing
- Plan opportunities to move during class – e.g., pass out paper...
- Play a game with what you're learning
- Change light or use different colors of text
- Listen to instrumental music during periods of individual study
- Deep breathing activities
- Stimulate nerves