

Regulation Activities

Connecting self to body to create sense of safety

Move the Body

- Walk quickly, change speed of walking (fast/slow)
- Bounce on yoga ball or trampoline
- Roll across floor or grass
- Carry heavy things or push heavy things around
- Dance, move, move, move anyway that feels good to your body
- Crash into something soft like your bed or a pillow
- Swing
- Hang upside down off bed or couch

Use the Senses

- Deep pressure on arms and legs: use hands to slowly apply pressure in long stroking motion
- Eat something crunchy
- Take a shower or bath
- Hold ice cubes in hands
- Place hot or cold wash cloth on face
- Listen to music - fast or slow tempo depending on need of body
- Wrap up in a blanket and snuggle
- Drink through a straw
- Dim or turn on the lights depending on need of body
- Breath, move towards long and slow breath that is same going in as it is going out

Engage the mind

- Doodle on paper
- Describe what is happening in your body: "My legs feel jumpy"
- Read a book