

# Self-regulation strategies

- Heavy sigh
- Box breathing 4-4-4-4
- Blow raspberries (relaxes face)
- Produce a yawn
- Push against the wall
- Push into your own lap
- Push your hands together
- Pressing hands on body
- Muscle relaxation (stress ball)
- Tense and release
- Tapping
- Slow steady drumming
- Wiggle the body
- Shake it off
- Close eyes, cup eyes
- Grounding exercise 5-4-3-2-1
- Big stretches
- Hug self 20-sec
- Rocking
- Humming/Singing
- Drink water
- Cold water on the face
- Cold water on hands/wrists

# Self-regulation strategies

- Heavy sigh
- Box breathing 4-4-4-4
- Blow raspberries (relaxes face)
- Produce a yawn
- Push against the wall
- Push into your own lap
- Push your hands together
- Pressing hands on body
- Muscle relaxation (stress ball)
- Tense and release
- Tapping
- Slow steady drumming
- Wiggle the body
- Shake it off
- Close eyes, cup eyes
- Grounding exercise 5-4-3-2-1
- Big stretches
- Hug self 20-sec
- Rocking
- Humming/Singing
- Drink water
- Cold water on the face
- Cold water on hands/wrists

*My strategies*

*My strategies*

*My strategies*