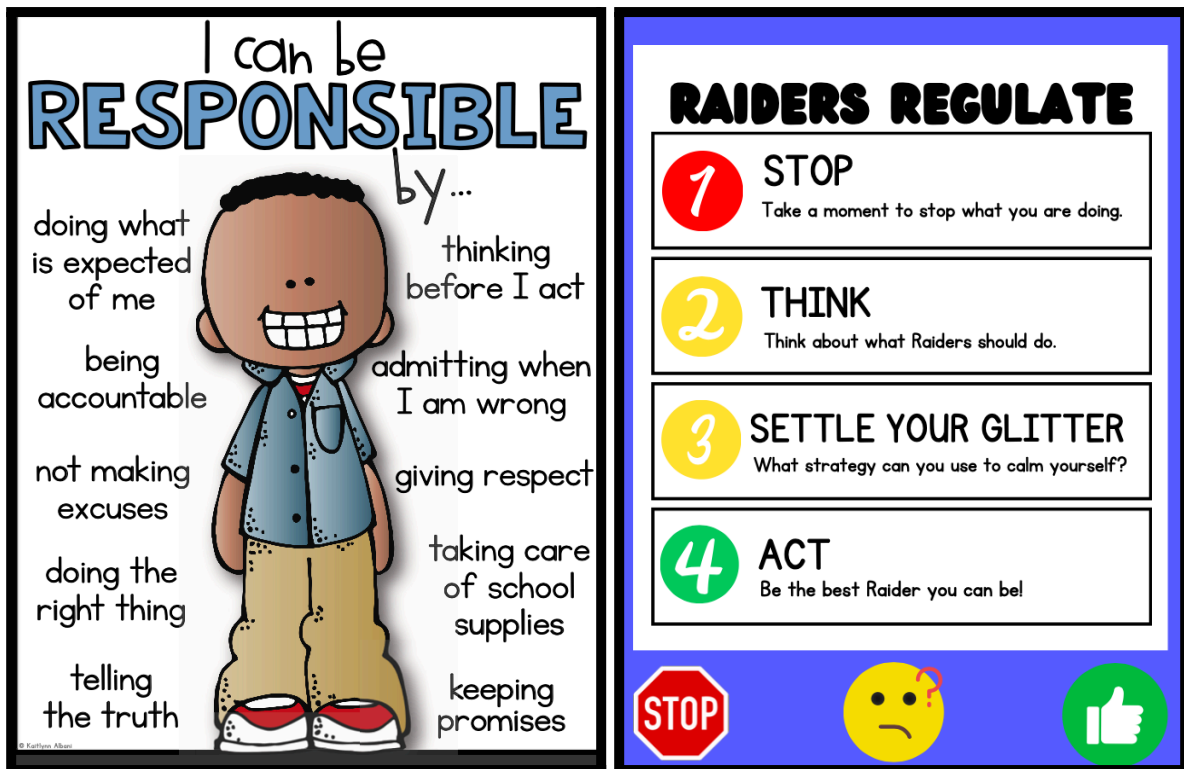


RAIDERS RELAX @ HOME



Be Responsible & Regulate:

Students learned that **Be Responsible** means to do what you are supposed to do and being in control of your actions.

The students have learned that being in control of your actions means **RAIDERS REGULATE**. Students who can regulate know ways they can “**settle their glitter**” when they have big emotions.

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A wonderful book I read to the kinder students about reporting and not tattling (we show responsibility when we report) is *Don't Squeal, Unless It's a Big Deal*, By: Jeanie Franz Ransom.

 Read Along Story - Don't Squeal Unless Its A Big Deal by Jeanie ...

Ideas for Self-Regulation at Home:

Tools:

Hoberman Spheres for Breathing:

<https://a.co/d/aJxzWPS>

Kinetic Sand: <https://a.co/d/gTImgX7>

Mindful Breathing Maps:

https://www.amazon.com/dp/B08R69QFZN?psc=1&ref=cm_sw_r_cp_ud_ct_K7Q0DN90YKG719H96EDQ

Glitter Wands to be used with Mindful Breathing Mazes:

https://www.amazon.com/dp/B07XTS9HK3?psc=1&ref=cm_sw_r_cp_ud_ct_K7Q0DN90YKG719H96EDQ

Pop-Its:

<https://a.co/d/iCORSNE>

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Sensory Water Beads:

Feelings:

[https://www.amazon.com/dp/B0BJ6FN5PC/?coliid=I2RFGQYJTSSMSJ
&colid=38F09XKRJ7VWK&psc=1&ref=cm_sw_r_cp_ud_lsptd_10VQK
QPCTVV69FAX8RH8](https://www.amazon.com/dp/B0BJ6FN5PC/?coliid=I2RFGQYJTSSMSJ&colid=38F09XKRJ7VWK&psc=1&ref=cm_sw_r_cp_ud_lsptd_10VQKQPCTVV69FAX8RH8)

Letters: (The kids often spell things out with this one so I have two sets in the room)

[https://www.amazon.com/dp/B0B1MY53FD?psc=1&ref=cm_sw_r_c
p_ud_ct_GRN4HENWFGY6FJV2FEYF](https://www.amazon.com/dp/B0B1MY53FD?psc=1&ref=cm_sw_r_cp_ud_ct_GRN4HENWFGY6FJV2FEYF)

Shapes:

[https://www.amazon.com/dp/B087X3V87D/?coliid=I3OW77YZ3XS3AT
&colid=38F09XKRJ7VWK&psc=1&ref=cm_sw_r_cp_ud_lsptd_PE5RXJ
WTP3M9C4MX9ZCM](https://www.amazon.com/dp/B087X3V87D/?coliid=I3OW77YZ3XS3AT&colid=38F09XKRJ7VWK&psc=1&ref=cm_sw_r_cp_ud_lsptd_PE5RXJWTP3M9C4MX9ZCM)

Slow Rising Squishy: (These are easier to squeeze)

<https://a.co/d/iYSclmU>

Firmer Squishy: (These are more resistant to squeeze)

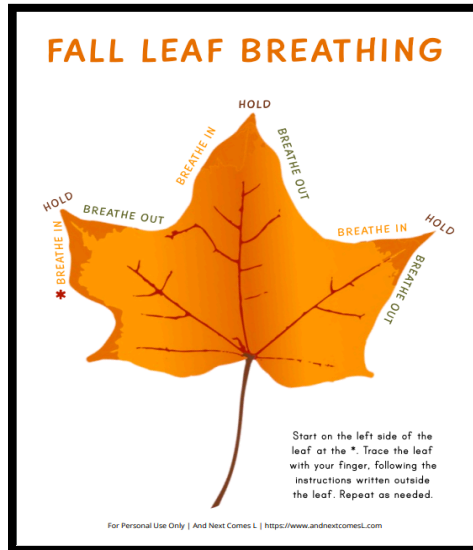
<https://a.co/d/2ZHrjDI>

RAIDERS RELAX @ HOME

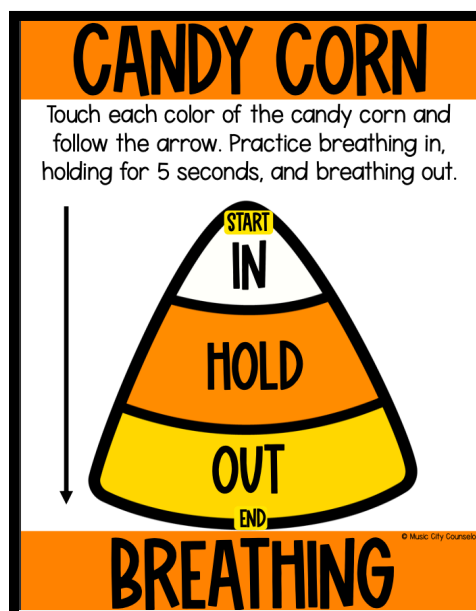
Here are some breathing strategy videos that I have taught the kiddos this year that might be helpful too:

Leaf Breathing:

<https://www.youtubeeducation.com/watch?v=rDZym8mSrJg>



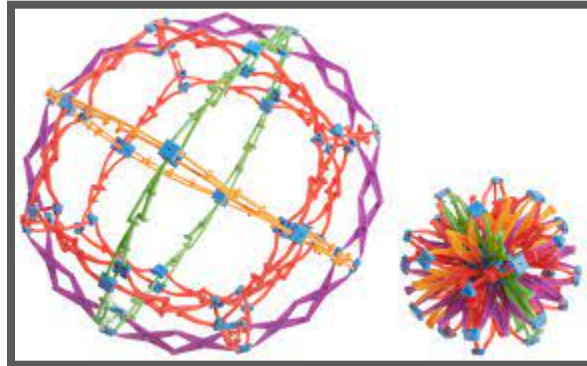
Candy Corn Breathing



RAIDERS RELAX @ HOME

Hoberman Sphere Breathing:

CLICK HERE:



Here is an app for smartphones and devices:

Antistress App

[Antistress - Relaxing games on the App Store](#)