

Regulation Tools

Deep Breaths

- * Practice taking slow deep belly breaths.
- * Breathe in through your nose.
Feel your belly move as your lungs get full.
Slowly breathe out through your mouth.
Notice the breath as it goes in and out.
- * Say to your self, “my breath is going in, my breath is going out” as you breathe.
Repeat several times
- * Count to 5 as you breathe in.
Count to 5 as you breathe out.
Repeat several times
- * Continue to take deep breaths.
- * As you breathe in, picture peaceful, happy feelings coming in.
Imagine negative, scared feelings going out.
- * Put your hand on your heart as you take deep breaths.
Feel your heart beating. Is it fast?
Imagine it slowing down.
Continue with your deep breaths until you feel your heart slowing to a normal pace.

Butterfly Hugs

*see video below:

<https://youtu.be/1WjFDsfTKo0>

Squeeze the oranges

- Think about how you feel. Name your feeling.
- Take several deep breaths.
- Squeeze the oranges (hold out one hand, palm up. Pretend there is an orange in that hand. Look at the orange, smell the orange. Now we are going to make orange juice. Turn your hand over and squeeze the juice out. Now shake it off your hand. Repeat with the other hand. Now hold an orange in each hand, palm up. Turn them over and squeeze the juice out. Then shake it off. Now squeeze both hands together to get the last of the juice. Shake it off. Shake out your hands, arms, and shoulders.
- Take several more deep breaths.

Guided Imagery

- Think of a peaceful place (a place where you feel calm and relaxed- such as, under a tree, sitting by a lake, laying in bed, sitting with mom or dad, etc).
- Describe in detail the peaceful place. Use all of the senses (what do you see, what do you hear, what do you smell, etc).
 - You may need to provide examples for your child. If it is grandma's house, you might see grandma's comfy chair, feel her soft blanket and her arms around you, hear her singing, smell warm cookies baking in the oven, taste those cookies, etc...
- Optional: Draw the peaceful place.
- Close your eyes and take several slow deep breaths. Put your hand on your belly and feel your belly move up and down with the breaths.
- Keeping eyes closed, picture your peaceful place. Describe it using all the senses.
- Take several more deep breaths.
- Open eyes feeling more relaxed.

Muscle tension and release

- Sit or lay in a comfortable position.
- Close your eyes and take several deep breaths.
- Tighten up the jaw- Make a tense angry face. Now relax jaw. Wiggle it around and let it rest slightly open. Feel all the tension leave the jaw. Keep a slight smile on your face.
- Now tighten up the neck and shoulders. Squeeze them together. Now let them go- loose like cooked spaghetti. Wiggle them around. Now let them rest.
- Tighten the arms and hands. Pull the hands into fists. Now relax and wiggle like cooked spaghetti. Let rest.
- Tighten the stomach and buttocks. Squeeze them together. Now relax. Feel all the tension leave.
- Tighten the legs and feet. Now relax and let them wiggle loose like spaghetti. Let them rest.
- Feel all of your body resting and loose. No muscles are tensed and your whole body is sinking into the chair or floor. Your whole body feels loose like cooked spaghetti.

Counting

As you take deep breaths begin to slowly count along with the breaths.

Breathe in, 1.

Breathe out, 2.

Breathe in, 3.

Breathe out, 4.

Breathe in, 5...

*Vary the number you count to based on need.