

Simple Self Regulation Strategies

Deep Breathing

This can be very helpful in moments of excitement, anxiety, or frustration/anger to help ground and recentre them. Encourage your child to take 3 deep breaths. Repeat as needed.

1. Lion's Breath – Begin by kneeling and sitting back on heels. Sit up tall and rest hands on thighs. Close eyes and take a deep breath through nose. Exhale through wide-open mouth while sticking tongue out towards chin and opening eyes wide. This will sound like a lion's roar!
2. Power Breath – Stand with feet together and hands stretched above head. Inhale then exhale while pulling arms down and into fists in front of body. As pull arms down to exhale, say the word 'ha' with as much power as possible.
3. Bumble Bee Breath – Can be done sitting or standing. Place hands over ears and close eyes. Take a slow deep breath through nose. Exhale out while humming (like the buzzing of a bee). Hum for as long as the exhale lasts.
4. Back-to-back breathing – Requires a second person. Sit back to back. Close eyes and lean into other person. Breathe in and out deeply together.

Quick Movement Breaks

These quick options double as movement breaks and sources of deep pressure (proprioceptive input) which can both help one to focus and calm.

1. Wall push ups – Place feet together about an arms length away from wall. Place hands on wall with chest open wide. Push arms into straight extension, bend into push up and repeat.
2. Chair push ups – Place hands on either side of seat pan at hips. Grab the edges of the seat. Squeeze the core and push down into the chair to lift body up off chair. Hold for 5 to 10 seconds and release. Repeat as needed.
3. Leg squeezes – While sitting on edge of chair, push thighs tightly against each other. Release and repeat 5-10 times.
4. Whole-body squeezes – Can be performed while seated in chair or on ground. First squeeze hands into fists as tightly as possible. Then squeeze toes in. Then squeeze knees up to chest and head down. Hold this whole-body squeeze for 5-10 seconds then release.



Outdoor Activities/Games:

- Red light/green light
- Scavenger hunt - make a list of different things for them to find around the yard/home
- Follow the leader - take turns following and leading actions
- Obstacle courses - with whatever equipment you have available
- Target practice - challenge children to throw bean bags, balls, etc. into hula hoops, buckets
- Jump rope - can do individually, or have them jump over rope while you spin it in a circle low to the ground
- Floor is lava - challenge them to move across the yard/house without touching the ground
- Balloon volleyball - hit balloon back and forth (can use hands, feet, head)
- Hide and seek - take turns hiding and finding each other
- Tug of war - With blanket, rope, scarf

Crafting Ideas:

- Fashion a superhero cape out of an old t-shirt (can glue things on or colour to decorate)
- Shadow puppets - Cut out shapes (i.e. animals, rocket ship, etc.) from paper and glue to popsicle sticks; turn a light towards wall and create stories with the shadows)
- Masks - Use paper plates to create masks (can colour and decorate, then punch a hole in each side and connect with a string).
- Use empty containers and objects from around the house to build towers

Song/Dance Videos:

- Shake Your Sillies Out: https://www.youtube.com/watch?v=NwT5oX_mqS0
- Walking: <https://www.youtube.com/watch?v=r6cJB7k6eEk>
- Happy and You Know It: https://www.youtube.com/watch?v=zyMWcWqmhRc&fbclid=IwAR2duL0erFSfBF09tCVw8x4cW16qEVktT2ZTSUwtTHtUyP66Dwd1st_Czu4
- Freeze Dance: <https://www.youtube.com/watch?v=2UcZWXvgMZE>
- Hokey Pokey: https://www.youtube.com/watch?v=QfPg_GzC-HA

Yoga:

- Cosmic Kids Yoga - online videos to follow along with https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ
- SuperStretch - app that can be downloaded on Apple or Android; follow the superheroes as they guide you through yoga and breathing