

**BREATHING**

Slower and deeper  
 "5 Finger Breathing"  
 "Square Breathing"

Make the exhale longer  
 "Rectangle breathing"  
 "4-7-8"

Breathe through the left nostril to activate the parasympathetic nervous system

Schedule physical activity  
 The Daily Mile  
 Stretch breaks  
 Jogging on the spot  
 Star jumps  
 Chair/Wall push ups

Add movement to seated activities  
 Wobble cushions  
 Beanbag chairs  
 Fidget resources

Proprioception & "Heavy work"  
 Pushing, pulling, carrying, digging, brushing, shovelling

**MOVING**

Patterned & repetitive games  
 Simon Says  
 Musical chairs/statues  
 Hopscotch  
 Row Row Row Your Boat

**The Constellation of Regulation  
 Part 1 of Dr Bruce Perry's 3 Rs**



Go for a listening walk  
 Imitate the sounds, draw them or act out what is making them

**RHYTHM**

Add beats to daily routines  
 Tapping, clapping, drumming & humming

Melodic communication  
 Vary the tone & pitch of your voice and use animated facial expressions

**GROUNDING**

Anchoring  
 Say what you see  
 Things that begin with "A...B...C"  
 5-4-3-2-1  
 Visualising my happy place  
 3 Good Things

Creative activities  
 Lego constructions  
 Make a glitter jar  
 Colouring  
 Baking  
 Scrapbooking

Incorporate different inputs  
 Add food colouring and scents to sand and play dough

**SENSORY INTEGRATION**