

# SELF-REGULATION STRATEGIES FOR USE IN CLASSROOMS

## Activity Strategies

- drawing or doodling
- writing in journal
- reading
- moving to quiet space
- time out (for a break, not as punishment)
- talk to someone
- self-talk
- take a nap
- pray



## Physical Activity Strategies

- movement break
- get a drink of water
- run an errand for the teacher
- jumping jacks/running in place
- standing at desk
- squeeze a stress ball
- stretch a rubber band with ankles



## Sensory Strategies

- red hots or sour suckers
- suck on an ice cube
- hold an ice cube
- wash hands or face with cool or warm water
- look at a pleasant picture or photo
- listen to music, nature sounds or white noise
- smell a pine sachet or candle
- rub a smooth stone or marble
- pet a stuffed animal, rub a soft blanket



## Relaxation & Mindfulness Strategies:

- deep breathing/ belly breathing
- counting
- progressive muscle relaxation
- body check in
- chair yoga or yoga
- meditate
- guided visualization (use recording)

