

SELF REGULATION STRATEGIES

Model Calm behavior	Ask them to help with something
Model self-regulation	Offer to do the task together
Have a consistent daily routine	Stop talking or making demands
Have a bedtime routine	Take deep breaths
Offer a break	Slowly count backwards
Offer choices	Use a stress ball
Remove triggers	Swing
Have a visual schedule	Write a letter
Offer a snack/drink	Listen to music
Do a movement break	Talk to a friend
Read a story	Color a picture
Give a hug	Close eyes and think of your favorite place
Match their language	Read a book
Get on their level	Rip up paper
Do a sensory diet	Scream into a pillow
Use a timer	Ask for a hug
Give a compliment	Hug a stuffed animal
Use weighted item	Spend time with a pet
Use essential oils	Watch a funny video
"What would help right now?"	Write your feelings down
Talk about something they like	Hang upside down
Take a walk with them	Do jumping jacks
Offer solutions	Blow bubbles
Remove the audience	Make funny faces in the mirror
Ask them to draw a picture	Pop bubble wrap
Use a massager	Watch a lava lamp
Use a therapy brush	Talk about upcoming transitions
Use a sensory bin	Rock them calmly