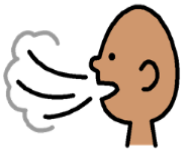
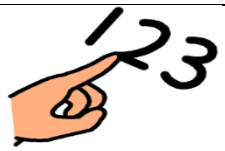
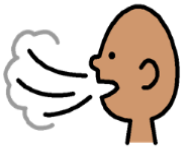
Self-Regulation Activity: Beginning Self-regulation Activity

Directions and options for using the material below:

- **Easy: 1.** Cut out the pictures and have your child match the pictures. For example: “Match this picture.”; “Put with the same.” **2**. Model the calming strategy and then have your child imitate you.
- **Moderate: 1**. Cut out the pictures or have your child point to the pictures and ask them to show you which picture represents a specific strategy. For example: “Point to deep breathing”; “Find the squeezing hands”. **2.** Ask your child to demonstrate a specific strategy. For example: “Show me deep breathing”; “Demonstrate hand squeezes.” **3.** Hold up the picture and ask “What are they doing?”
- **Challenging:** 1. Ask your child, “When do you use a calming strategy?”; “What things serve as a trigger, cause them to not be calm?”; “Can you show me a calming strategy?” Your child may use a different strategy then what is shown below. **2.** Have them sort calming strategies into a cool pile and the maladaptive behaviors into a not cool pile. **3.** Ask your child “Why is hitting others not cool?” or “Why is taking a deep breath cool?”

Counting	Squeeze Hands Together	 Take Deep Breaths	Shrug your shoulders	Close your eyes
 Counting	Squeeze Hands Together	 Take Deep Breaths	Shrug your shoulders	Close your eyes
Take A Walk	Take A Walk	Hitting Others	Pulling Hair	Kicking Others

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