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?”

![Diagram of calming strategies and maladaptive behaviors]

**Counts:**
- Squeeze Hands Together
- Take Deep Breaths
- Shrug your shoulders
- Close your eyes

**Maladaptive Behaviors:**
- Take A Walk
- Hitting Others
- Pulling Hair
- Kicking Others

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