





Guidelines for Planning Intervention

- Respect your child's developmental needs
- Determine baseline behaviors
- Work towards incremental changes
- Expect regression
- If it doesn't work don't do it – find another way
- Discipline means to teach – not punish
- Let's teach self regulation!

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

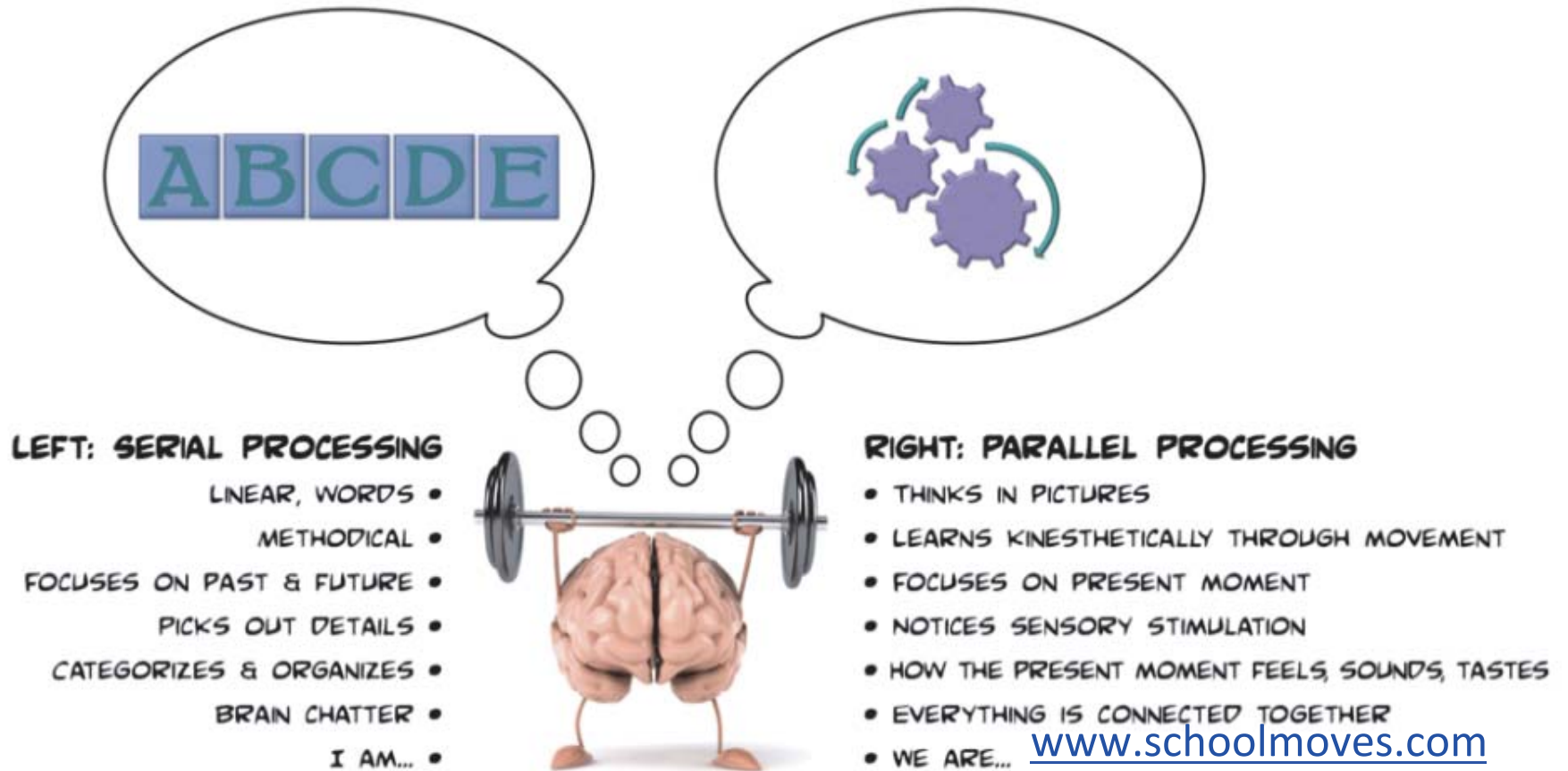
Sensory Regulation Disruptors

- Inappropriate expectations
- Sudden removal of preferred activities
- Rote tasks with no relevance to student's needs
- Unpredictable, chaotic environments
- Critical adults
- Junk food diets
- Excessive screen time

Sensory Regulation Enhancers

- Developmentally appropriate expectations
- Access to preferred activities
- Interest based interventions
- Structure, routine, predictability
 - Visuals to support independence
- Calm, supportive environments
- Affirmations, mantras
- Dietary needs met
- Daily exercise and whole body movement

Let's Get Integrated!



Brain-building exercises or purposeful movement activities to activate the right and left sides of the brain will support academic success. Oftentimes we think kids are athletic or even wonder why hyperactive kids who move all the time aren't better learners, but the key is using specific types of movement that connects the body with the brain.

I Can Calm Myself




PROACTIVE vs. Reactive

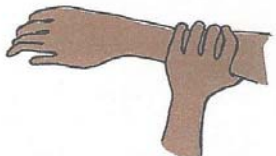
- I Can Calm Myself moves help shift the autonomic nervous system out of the fight / flight / freeze mode by sending messages to the brain that create feelings of safety and calm.
- Neurophysiologically the vagus nerve plays a big part in releasing chemicals that counteract stress chemicals.

~ Evidence Based Strategies ~


I Can Calm Myself




I can do Dots.
Use the thumb to press firmly all around the palm of the opposite hand for a count of 10. Take a deep breath before switching hands.




I can do Squeezies.
Firmly squeeze up the forearms, upper arms, and shoulders. Take a deep breath before switching arms.




I can do Listening Ears.
Gently massage and unroll the ears, moving from top to bottom.




I can do Pretzels.
Interlock fingers in front of the chest. Relax shoulders. Cross legs. Place tongue on the roof of the mouth. Hold for one minute. Uncross legs. Take a deep breath.



I can do Heart To Home.
Place one hand over the heart, the other over the belly, and take three deep breaths. Come to a quiet, focused place in the body.



I can do Calming Taps.
Cross arms across chest. Alternate tapping the right shoulder and then left shoulder with a slow, rhythmic beat.



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