

Regulation Strategy Spotlight

Stretch It Out

While sitting or standing,
stretch your body

1. Stretch your arms to the sky
2. Stretch your legs out long
3. Tip your head from one side to the other
4. Role your shoulders in a circle



Mindful Listening

Lie down and notice the
sounds around you

Find a sound to pay attention
to

Try to focus on that sound for
2 minutes



Counting Colours

Look around your room

Count how many colours you
can see



Sending Kindness

Think about a person that
makes you feel good

Write a nice note telling
them why

