

BRAIN BOOSTS

Try one or more of the following prompts to reinforce self-regulation strategies

Breathing Brain Boost

Let's **PAUSE** and do a **Breathing Brain Boost**. To do this, we will pretend to blow petals off a dandelion. Let's do this a couple times together.



Quiet Time Brain Boost

Let's **PAUSE** and do a **Quiet Time Brain Boost**. To do this, let's close our eyes and sit in silence for one minute.

Movement Brain Boost

Let's **PAUSE** and do a **Movement Brain Boost**. To do this, we can {insert movement activity here: *jump, dance, stretch, run, etc*}



Positive Affirmation Brain Boost

Let's **PAUSE** and do a **Movement Brain Boost**. To do this, we can [insert movement activity here: *jump, dance, stretch, run, etc*].



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SUCCESS SKILL REFLECTIONS

Ask one or more of the following applicable questions after an activity to reinforce Success Skills



FEEL

Were there parts of this activity that were [insert feeling: frustrating, confusing, exciting, etc.]?

How did you know you were [insert feeling]?



THINK DIFFERENTLY

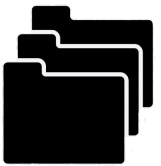
What new information did you learn in this activity?



FOCUS

Were you distracted by anything while you were doing this activity?

What helped you focus your attention back to the activity?



ORGANIZE

What information did you keep track of while you did this activity?



REMEMBER

Can you remember what you did in the beginning, middle, and end of this activity?



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