

SELF-REGULATION STRATEGIES

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

BREATHING

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



QUIET TIME

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

MOVEMENT

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



POSITIVE AFFIRMATION

Let's **PAUSE** and do a *Positive Affirmation Strategy*.

Can you think of something...

- You did today that was hard?
- You are proud of?
- That makes you feel happy?
- Something special about you?