

Regulation Tools Menu

stomp 10 times	make pillows fight	make a plan (“first work, then play.”)	squeeze your hands
squeeze a stress ball	10 deep breaths	take a break (set a timer)	set a timer for work
square breaths (see back)	star breaths (see back)	infinity breaths (see back)	find a fidget
dandelion breaths (pretend each finger is a dandelion)	candle breaths (pretend each finger is a candle)	hot cocoa breaths (pretend you have hot cocoa – breathe in to smell it & out to cool it down)	take a dance break
take a wiggle break	find a wiggle seat	hug a stuffy	yell into a pillow
do 10 jumping jacks	make a visual schedule	make a first-then schedule	do yoga (set a timer)
run around the table	draw (set a timer)	squeeze a pillow	play a hand game (Miss Marry Mack, Patty Cake, etc.)

