


SENSORY REGULATORY PRACTICES




Warm Shower



Splash cold water in your face for one minute



Ice pack on my neck or forehead



Three yoga poses for stretching and breathing


hand warmers... hold and breathe



SENSORY REGULATORY PRACTICES



Five
minute
walk



Breathe
deeply for
10 rotations



Journal or
Draw



Sighing out
loud, gargling
with water



Humming
for a
few
minutes

SENSORY REGULATORY PRACTICES



Chew gum



Hand massage with lotion if possible



Play music or listen to it



Bake or cook for yourself



Dance around the house with scarves

SENSORY REGULATORY PRACTICES



Mint
or
sucker



Body scan
with breath
and
movement



Distraction:
take a drive



Essential oil
of your choice
on a cotton
ball

Call or
text
someone
you trust


SENSORY REGULATORY PRACTICES




Clean house or room



Write a letter to yourself that feels encouraging



Breathe to the sounds of tibetan bowls



Crunch on something like a pretzel that is hard and flavorful

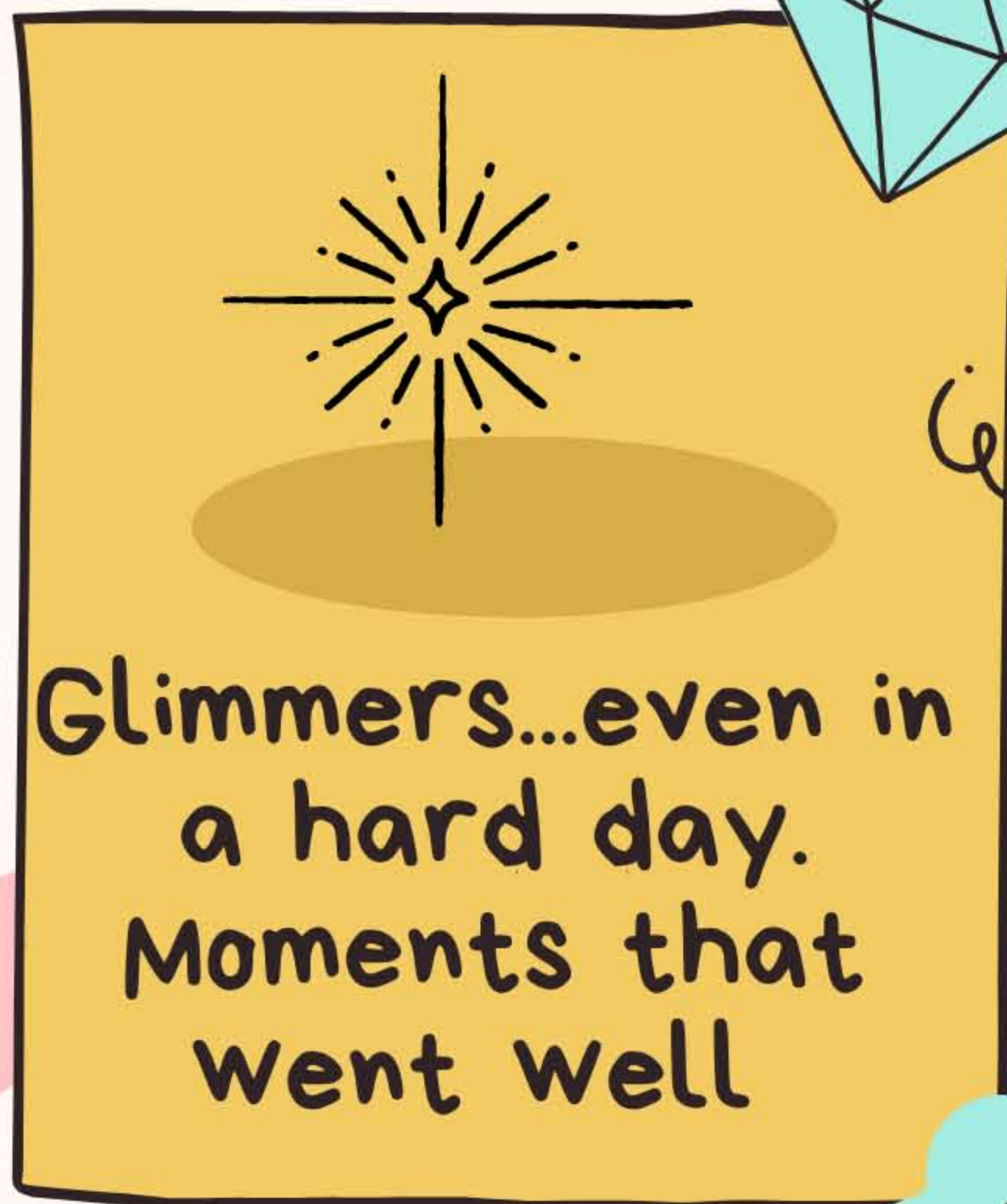
weighted blanket or wrap in some blankets



SENSORY REGULATORY PRACTICES



List
your
anchors



Glimmers...even in
a hard day.
Moments that
went well



Foot Massage
for a few
minutes



Make play dough
colorful and
scented

with a
straw,
slowly sip
your
favorite
drink



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Cough drops

A blue, polka-dot wrapped cough drop is shown next to a pink oval shadow.



Neck muscle massage
(sternocleidomastoid muscles)

A line drawing of a person's neck and shoulders with two hands positioned to massage the neck muscles. A teal diamond icon is in the top right corner.



Cry and taste your tears as you release fully

A yellow crying face emoji is shown with blue tears falling.



Have a good out loud talk to yourself

An illustration of a woman with dark hair and a yellow top, with a yellow speech bubble next to her.



A Loud Sigh

A profile of a person's head with blue lines indicating a deep exhale.

SENSORY REGULATORY PRACTICES




Give yourself a scalp massage



Body Shaking. Stand up tall with your hands up in the air and shake your whole body. So helpful for our nervous system.



Text words of gratitude to your family and friends



Drum on your Lap, with sticks, a pencil or silverware to some upbeat you tube music or a playlist



Take a bath with bubbles and music

SENSORY REGULATORY PRACTICES



Paint your nails

5

List five things, people or places you are grateful for. Let them know or journal about it



Volunteer at a local shelter or wherever you feel called.

inspire

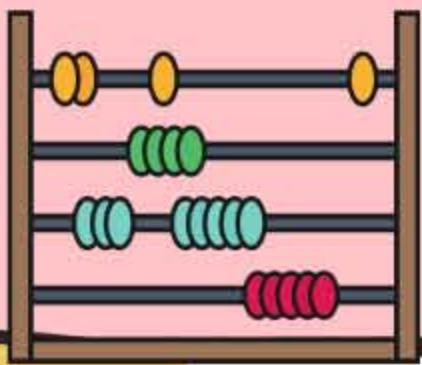
Find three words you do not know and see if you can learn them in a few minutes



Fill in a sink with warm water and soap and breathe with bubbles as you watch them disappear

SENSORY REGULATORY PRACTICES

Count out loud by
2's , 4's and 7's
(challenge
yourself)



Create a squiggle
drawing beginning
with one line with
your eyes closed,
and then for two
minutes free draw
adding to that line
with shapes and
colors!

Drum on your lap, with
sticks, a pencil or
silverware to some
upbeat you tube music
or a playlist .



Give your body
affirmation by patting
firmly up and down
your arms and legs,
feet neck, chest and
top of your head.

Blow up three balloons
and write messages to
your self-placing these
around the house or
write messages to your
students or your own
children!



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Make lots of words out of a longer word- 'Celebration'



Change your routine! Sleep in a different room, read in a new place or watch your favorite show in a new position or room. Change the order of a day for a week or schedules that can be flexible! Reflect on how this feels!

Google

For a few minutes each day for a week, google a favorite region or destination and learn about this area! .

Find treasures at good will to share or reinvent and make new!



Secret Elf all year long! Create images or power words and leave at the doors, on cars or in secret places for your friends and neighbors!

SENSORY REGULATORY PRACTICES

My Wise Self...
what would he/she
say to me?



Children's books and
the library- find
children's books that
speak to your inner
child! Enjoy the images,
and the simplicity of
the meaningful
messages in these
books!



Light a candle and as you
move your finger through
the flame, (or just gaze
at the candle) share a
gratitude or prayer of
affirmation!



Plant a few seeds in a
garden window and
care for these little
plants all winter long!



Rituals are important
in our lives, and rituals
begin with special
places that we
declare sacred to us in
our homes. Add your
favorite books, images,
scents, pillows, or
things that help to
bring a calm!

