

Menu of Nervous System Aligned Practices

FOR K-4TH GRADE STUDENTS

MAIN COURSES FOR HOME OR SCHOOL

FOCUSED ATTENTION PRACTICES FOR CALMING OR ENERGIZING

Play with a slinky

Feel a shell

Roll a writing pen in the palm of your hands

Feel a smooth stone and roll it on your hands for a few seconds

Chew gum with deep breaths

Eat a lollipop

Fold and squeeze a soft pillow

Hand massage with lotion

Chew on ice

Place a baggie of ice on the back of your neck or forehead

Hold ice in your hands

Place a fan in front of you & feel the moving air

Doodle

Run your hands through uncooked rice, beads, marbles, or sand

Drum up & down your legs and arms to increase circulation

Rock back & forth or side to side

Wrap up in a blanket

Draw, color, any art project

Jumping jacks

Boxing to music

Eat sweet, hard candies or sour candies

Drum, tap, or snap fingers

Hand warmers... hold and take deep breaths

Dance around the room with scarves or pieces of cloth

Make play dough colorful and scented

Splash cold water on your face

Menu of Nervous System Aligned Practices

FOR 5TH-12TH GRADE STUDENTS

MAIN COURSES FOR HOME OR SCHOOL

FOCUSED ATTENTION PRACTICES FOR CALMING OR ENERGIZING

Play with a slinky

Feel a shell

Roll a writing pen in the palm of your hands

Feel a smooth stone and roll it on your hands for a few seconds

Chew gum with deep breaths

Eat a lollipop

Fold and squeeze a soft pillow

Hand massage with lotion

Chew on ice

Place a baggie of ice on the back of your neck or forehead

Hold ice in your hands

Place a fan in front of you & feel the moving air

Doodle

Splash cold water on your face

Snack on something crunchy (i.e. veggie sticks)

Make & put on a worry bead bracelet

Push against the wall

Write/describe who you are when you're in a calm/regulated state, fight/flight state, & shut-down state

Run your hands under warm water

Write a letter or draw how you feel in that moment

Listen to music that strengthens or feels good to your nervous system

Call or text someone you trust

Write an encouraging letter to yourself

Paint your nails

Make play dough colorful and scented

List 5 things, people, places you're grateful for. Let them know (text or call).

Menu of Nervous System Aligned Practices

FOR EDUCATORS

MAIN COURSES FOR HOME OR SCHOOL

FOCUSED ATTENTION PRACTICES FOR CALMING OR ENERGIZING

Play with a slinky

Feel a shell

Roll a writing pen in the palm of your hands

Feel a smooth stone and roll it on your hands for a few seconds

Chew gum with deep breaths

Eat a lollipop

Fold and squeeze a soft pillow

Hand massage with lotion

Chew on ice

Place a baggie of ice on the back of your neck or forehead

Hold ice in your hands

Place a fan in front of you & feel the moving air

Doodle

Splash cold water on your face

Give yourself a scalp massage

Body shaking. Stand up tall w/ hands in the air. Shake body for 1 min. Activates parasympathetic nervous system.

Rituals are important in our lives.

They begin with special places that we declare sacred in our homes.

Add your fave books, images, scents, pillows, or things that help to bring a calm.

My wise self... what would my wise self say to me?

Change your routine! Sleep in a different room, read in a new place, change the order of a day for a week. Reflect on how this feels!

Secret Elf all year long! Create images or power words to leave at doors, on cars, or in secret places for friends & neighbors.

Loud sigh

Blow up 3 balloons & write messages to yourself, children, or students. Place around the room.

Neck massage to release tension. (sternocleidomastoid muscles)

Have a talk out loud to yourself.

Recognize glimmers... moments that went well even on hard days

Slowly sip your fave drink w/ a straw