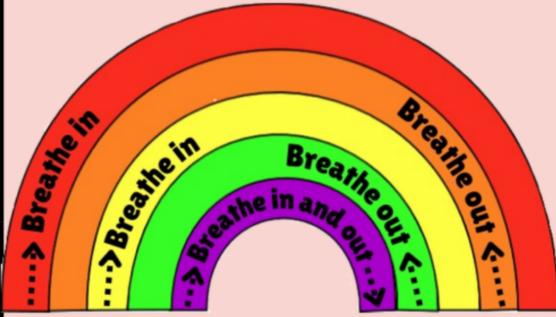


# EMOTIONAL REGULATION

## *Sensory Strategies*



A diagram of a rainbow with five arches. Each arch is labeled with breathing instructions: the outermost arch says 'Breathe in', the second arch says 'Breathe in', the middle arch says 'Breathe in and out', the fourth arch says 'Breathe out', and the innermost arch says 'Breathe out'.

**5 RAINBOW BREATHS**



An illustration of two hands, palms facing each other. The fingers are numbered 1 through 10, starting from the thumb on the left hand and moving across to the pinky, then across to the pinky on the right hand and ending at the thumb.

**COUNT TO TEN**



An illustration of two children. One child is sitting on a yellow rug hugging a green stuffed elephant. The other child is sitting next to them, hugging a white pillow.

**HUG A PILLOW/  
STUFFED ANIMAL**



An illustration of four different fidget toys: a green three-lobed spinner, a red ball with many small bumps, a yellow and blue star-shaped sensory toy, and a pink three-lobed spinner.

**PLAY WITH FIDGETS FOR 5 MINUTES**



An illustration of a child and an adult sitting at a small round table. The adult is blowing a bubble with a wand, and the child is also blowing a bubble. There are bubble wands and a bottle of bubble solution on the table.

**BLOW BUBBLES**



An illustration of a blue water bottle and a blue glass filled with water.

**DRINK WATER**



An illustration of a child in a green shirt and red shorts stretching on a purple mat. The child's arms are raised and legs are spread wide.

**STRETCH**



An illustration of a child with braids sitting at a desk, drawing and coloring a picture in a book. There are crayons and a pencil holder nearby.

**DRAW/COLOR A PICTURE**



An illustration of a child wearing headphones and listening to music. There are colorful musical notes floating around the child.

**LISTEN TO MUSIC**