# SELF-REGULATION EXERCISES

Use the fingers of one hand to trace your fingers on the other hand as you count 5 deep breaths.

**Finger Breathing**

Rub your hands together like you are trying to start a fire.

**Fire Hands**

Raise your shoulders slowly up and down while either standing or sitting.

**Shoulder Shrug**

Slowly open and shut your eyes.

**Open/Shut Eyes**

Put your hand over your heart and try to feel the beat of your heart. Take deep breaths and feel your chest rise.

**Hand Over Heart**

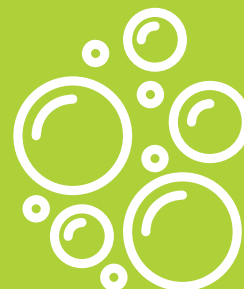Deeply inhale through the nose, blowing a long "fiery" exhale out through the mouth.

**Dragon Breaths**

Raise your arms above your head. As you inhale and exhale, move your arms like a balloon.

**Balloon Breathing**

**Blow Bubbles**

**Do Push-Ups**

Do relays together by doing a bear walk (on hands and feet, face down) or crab walk (on hands and feet, belly up).

**Do Relays Together**

Jump up and down five times.

**Jump Up and Down**

Turn on some music and have a dance party.

**Dance Party**

Whisper messages so they have to listen carefully & repeat back.

**Listen & Repeat**

Look around and find five items of one color.

**Looking**

Listen: what sounds do you hear right now?

**Listening**

Stretch up tall like a tree and then touch your toes.

**Stretch**