

In the Moment

There are times when we all need a quick moment to help ourselves self-regulate. Children learn self-regulation from us, so it is critical that we can figure out a way to self-regulate even when it may be difficult. Here are a few ideas that take less than 2 minutes.

- Make a ball out of paper
- Say the ABC's
- Make coffee
- Laugh
- Count backwards from 10
- Crumple a piece of paper
- Stretch
- Doodle
- Get a drink of water
- Trace the palm of your hand while deep breathing
- Stroke your pet
- Step outside
- Dance to your favorite song

