

12 Ways to Help Build Self-Regulation



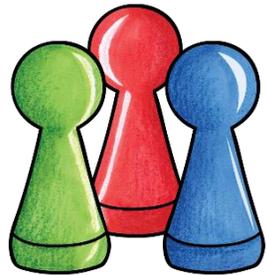
Practice mindfulness activities



Practice breathing techniques



Give a daily emotion check-in



Play self-regulation games



Give brain breaks between tasks



Practice coping strategies

Create a share journal



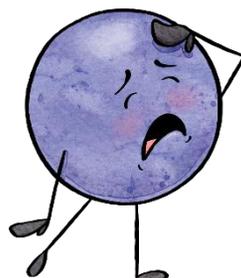
Create a calm down area



Practice wait time



Practice self-reflection

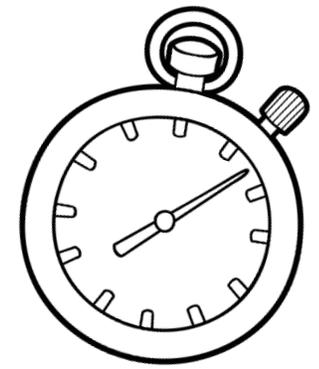


Role play scenarios together



Develop and practice routines

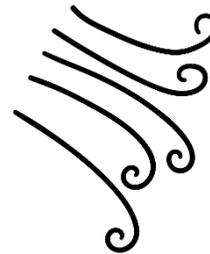
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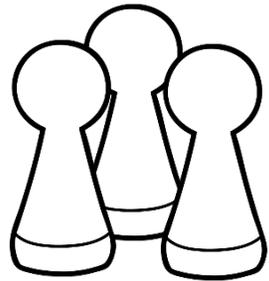
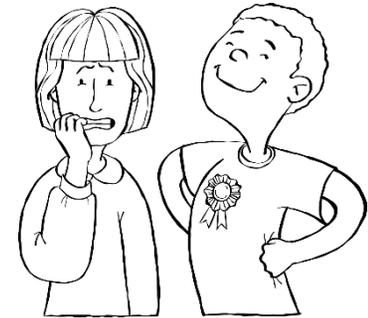
Practice mindfulness activities



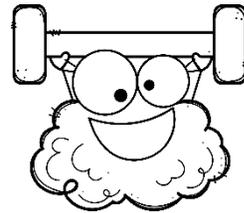
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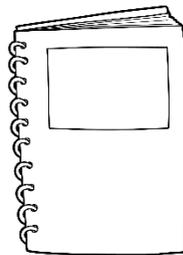


Give brain breaks between tasks



Practice coping strategies

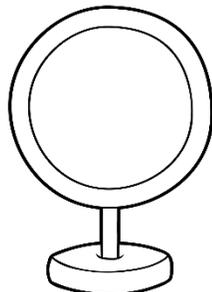
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About the Author



Kristina Scully is a special educator and curriculum specialist with over 12 years' experience. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with social emotional needs, learning disabilities, autism, and more.

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