

Regulation Activities



Taking breaks



Pausing to think



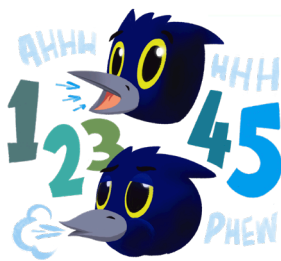
Getting help



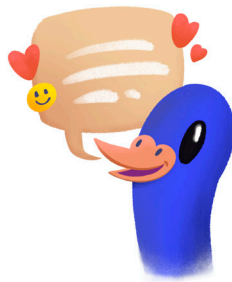
Going to a chill-out place



Move your body



Taking deep
breath



Using positive
words



Using routines



Using calming
activities



Naming you emotions