

Brain Based Self-Regulation Suggestions

Try: Deep Breathing Before Transitions



How it helps: Calms the amygdala and activates the vagus nerve to reduce stress.

Try: Mirror a Friend's Movements



How it helps: Engages mirror neurons and supports empathy and social understanding.

Try: Obstacle Course Movement Break



How it helps: Stimulates the basal ganglia and cerebellum for coordination and self-regulation.

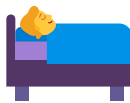
Try: Label How You're Feeling



How it helps: Calms the amygdala and builds emotional vocabulary and awareness.

Try: Belly Breathing Together

How it helps: Strengthens co-regulation and vagus nerve activation.

Try: Body Scan at Bedtime

How it helps: Activates the Default Mode Network and mindfulness.

Try: Red Light, Green Light Game

How it helps: Builds impulse control and prefrontal cortex development.

Try: Journal or Draw About Your Day

How it helps: Encourages reflection and activates the Default Mode Network.

Try: Hum or Sing a Favorite Song



How it helps: Stimulates the vagus nerve and promotes relaxation.

Try: Play a Turn-Taking Game



How it helps: Supports social connection and builds patience.

Try: Quiet Time After Lunch



How it helps: Encourages self-reflection and gives the brain time to recharge.

Try: Stretch Before a Test



How it helps: Reduces physical tension and helps the hypothalamus restore balance.