

# Regulation Strategies

By Charissa Fry, LPC

1. Deep Breathing (imagine inflating a balloon in your tummy and letting the air out)
2. Horsey Breathing (deep breath in and then vibrate lips while blowing out)
3. Laughter (funny videos, jokes, silly faces)
4. Hugs/Snuggles (being held)
5. Give myself a hug
6. Ask for help
7. Music (when in hyperarousal/lion/bunny- use calming music, when in hypoarousal/sloth/turtle- use music for dancing)
8. Calm Down Spot (take a break in a designated area to calm down- invite a safe person to help you, if needed)
9. Swinging on a swing
10. Jump on a trampoline
11. Get a drink
12. Eat a snack
13. Go for a walk with a grown-up
14. Use a regulation tool (weighted blanket, fidget, noise reducing headphones, etc.)
15. Chew gum
16. Drawing, art, or crafts
17. Read a book
18. Use my reset button
19. Swim/Bath/Shower
20. Playing/Exercising
21. Journaling/Writing