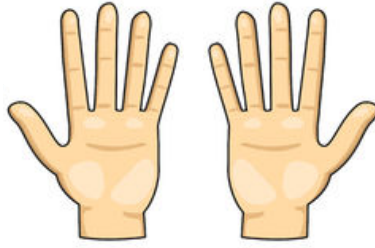
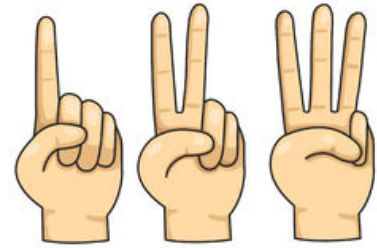




Count by 5s  
to \_\_\_\_.



Count by 10s  
to \_\_\_\_.



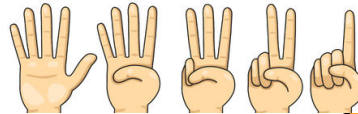
Count to \_\_\_\_  
and back to 1.



Balloon Breath



Slowly blow out the  
candles on your cake.



Chair band push



Power Walk



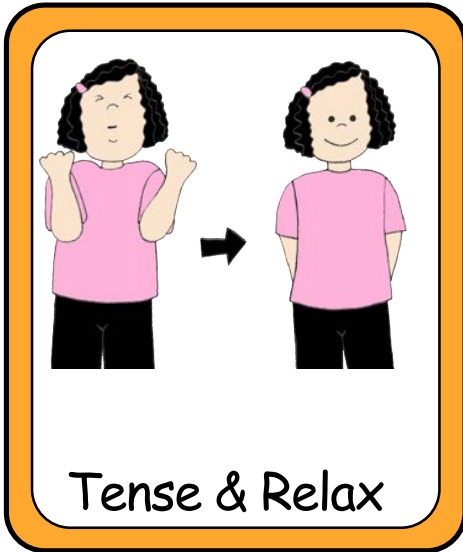
Walk with  
weighted backpack.



Smell your soup.  
Blow your soup.

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# Classroom Self-Regulation Strategies



Tense & Relax



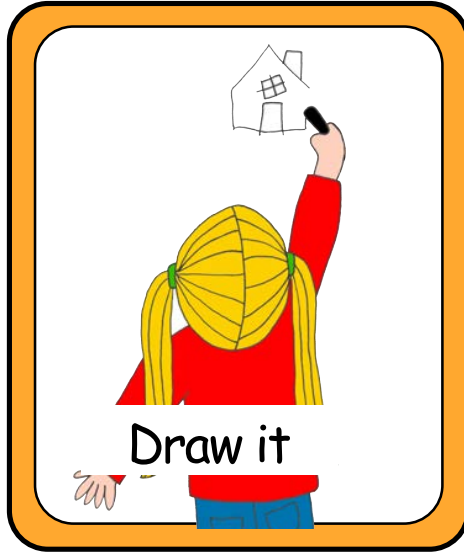
Quiet minute



Lay head down



Talk about it



Draw it



Open mind and choose something else.



Weighted Vest



Weighted lap blanket



Snuggle vest

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# Classroom Self-Regulation Strategies



Blow



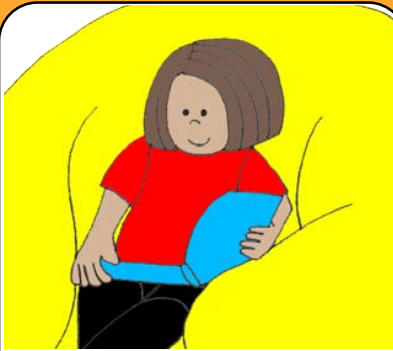
Sit in soft spot.



Headphones



Pet an animal.



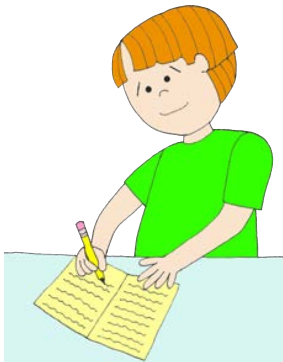
Read to self.



Infinity Breath



Wrap up.



Write about it.



Think good thoughts.

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# Classroom Self-Regulation Strategies

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Eagle Pose



Tree Pose



Chair Twist



Quadriceps Stretch



Hero Pose



Chair Push Up



Lemon Squeeze

Fingers & toes



Wall Sit

Hold for count of 5,  
do it \_\_ times.

Wall Push



Hold for count of 5,  
do it \_\_ times.

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# Classroom Self-Regulation Breaks



Book delivery.



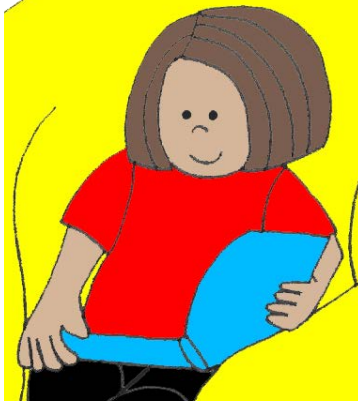
drawing



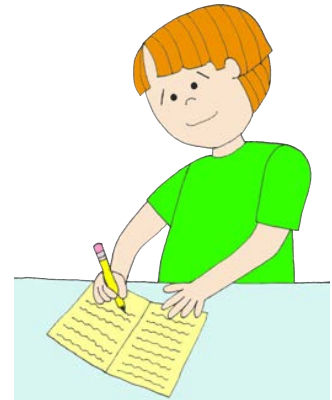
Listen to music.



Time to think.



Read to self.



Personal Journal



Get a drink.



Eat a snack.



Go to the Bathroom.

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## In Classroom Self-Regulation Breaks



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# In Classroom Self-Regulation Breaks or Incentive Breaks