

	My emotional scale indicators Looks like/Sounds Like	My coping and support strategies	Supports for my environment and activities
5			
4			
3			
2			
1			

<p style="text-align: center;"><u>TOUCH / TACTILE</u></p> <table border="0"> <tr> <td style="vertical-align: top;">Mutual Regulation</td> <td style="vertical-align: top;">Self-Regulation</td> </tr> <tr> <td>Hug</td> <td>Wall /Chair Push Ups</td> </tr> <tr> <td>Rubbing back/shoulders</td> <td>PushUps</td> </tr> <tr> <td>Drumming Circle</td> <td>Playdoh/clay</td> </tr> <tr> <td>Carrying a heavy bin with a peer</td> <td>Weighted lap pad</td> </tr> <tr> <td></td> <td>Put chairs on desks</td> </tr> <tr> <td></td> <td>Carry crate w/ books</td> </tr> <tr> <td></td> <td>Fidgets: textured</td> </tr> <tr> <td></td> <td>Fidgets: squeezey</td> </tr> <tr> <td></td> <td>Fidgets: w/joints</td> </tr> <tr> <td></td> <td>Fidgets: vibrating</td> </tr> <tr> <td></td> <td>Bean Bag chair</td> </tr> </table> <p style="text-align: center;">Mutual and/or Self Regulation Messy play: shaving cream, finger paint</p>	Mutual Regulation	Self-Regulation	Hug	Wall /Chair Push Ups	Rubbing back/shoulders	PushUps	Drumming Circle	Playdoh/clay	Carrying a heavy bin with a peer	Weighted lap pad		Put chairs on desks		Carry crate w/ books		Fidgets: textured		Fidgets: squeezey		Fidgets: w/joints		Fidgets: vibrating		Bean Bag chair	<p style="text-align: center;"><u>AUDITORY</u></p> <table border="0"> <tr> <td style="vertical-align: top;">Mutual Regulation</td> <td style="vertical-align: top;">Self-Regulation</td> </tr> <tr> <td></td> <td>Headphones</td> </tr> </table> <p style="text-align: center;">Mutual and/or Self Regulation Calming music (Mozart, Gregorian chants, drums) Drumming Circle Nature Sounds Singing</p>	Mutual Regulation	Self-Regulation		Headphones
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<p style="text-align: center;"><u>MOVEMENT- Mutual and/or Self Regulation</u></p> <p><u>Classroom</u></p> <table border="0"> <tr> <td>Slow Rocking</td> <td>Walk</td> <td>Jumping jacks</td> </tr> <tr> <td>March</td> <td>Wheelbarrow walk</td> <td>Animal Walks</td> </tr> <tr> <td>Seat cushions</td> <td>Tennis ball chair legs</td> <td>Laying on belly to work</td> </tr> <tr> <td>Songs with directed movement: i.e. Hokey Pokey</td> <td></td> <td>Head/Shoulders/Knees/Toes</td> </tr> </table> <p><u>Recess</u></p> <table border="0"> <tr> <td>Monkeybars</td> <td>Swings</td> <td>Slides</td> </tr> <tr> <td>Running</td> <td>Organized games</td> <td>General Playground Equipment</td> </tr> </table> <p>**recess is an essential movement and self- regulation break for all students, particularly those with attention and behavior concerns. These students may be candidates for organized games.**</p>		Slow Rocking	Walk	Jumping jacks	March	Wheelbarrow walk	Animal Walks	Seat cushions	Tennis ball chair legs	Laying on belly to work	Songs with directed movement: i.e. Hokey Pokey		Head/Shoulders/Knees/Toes	Monkeybars	Swings	Slides	Running	Organized games	General Playground Equipment										
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