REGULATION & SENSORY

I Need a Reset

Pick one choice. Try it for a few minutes.



Breathe

In through your nose.
Out nice and slow.



Read

Pick a book and get cosy.



Draw

Doodle or draw how you feel.



Think

Take a quiet moment in your head.



Ask for help

Put your hand up
and tell a grown-up.



Move

Move your body in a safe way.



Kind thoughts

Say something kind to yourself.



Drink

Take a few slow sips of water.