

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

<p style="text-align: center;"><u>TOUCH / TACTILE</u></p> <table border="0"> <tr> <td data-bbox="105 218 503 390"> Mutual Regulation Hug Rubbing back/shoulders Drumming Circle Carrying a heavy bin with a peer </td> <td data-bbox="544 218 797 604"> Self-Regulation Wall /Chair Push Ups Playdoh/clay Weighted lap pad Put chairs on desks Carry crate w/ books Fidgets: textured Fidgets: squeezey Fidgets: w/joints Fidgets: vibrating 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 Hug Rubbing back/shoulders Drumming Circle Carrying a heavy bin with a peer	Self-Regulation Wall /Chair Push Ups Playdoh/clay 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 data-bbox="820 218 1052 247"> Mutual Regulation </td> <td data-bbox="1258 218 1448 281"> Self-Regulation 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>VISUAL</u></p> <table border="0"> <tr> <td data-bbox="105 781 337 810"> Mutual Regulation </td> <td data-bbox="544 781 732 882"> Self-Regulation Glitter Bottles Lava lamps </td> </tr> </table> <p style="text-align: center;">Mutual and/or Self Regulation Natural light; selective use of fluorescent light Clean visual spaces / low clutter Picture rich books/magazines to look at Cover shelves; closed storage w/ plain fabric Workspace options with a carrel or turned to the wall</p>	Mutual Regulation	Self-Regulation Glitter Bottles Lava lamps	<p style="text-align: center;"><u>SMELL/TASTE/ORAL</u></p> <table border="0"> <tr> <td data-bbox="820 781 1052 810"> Mutual Regulation </td> <td data-bbox="1258 781 1513 919"> Self-Regulation Deep Breathing Hard or chewy candy Spices in container </td> </tr> </table> <p style="text-align: center;">Mutual and/or Self Regulation Bubbles Kazoos Lavendar, chamomile, citrus – calming or natural scents</p>	Mutual Regulation	Self-Regulation Deep Breathing Hard or chewy candy Spices in container								
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<p style="text-align: center;"><u>MOVEMENT- Mutual and/or Self Regulation</u></p> <table border="0"> <tr> <td colspan="3" data-bbox="105 1449 235 1478"><u>Classroom</u></td> </tr> <tr> <td data-bbox="105 1482 381 1621"> Slow Rocking March Seat cushions Songs with directed movement: i.e. Hokey Pokey </td> <td data-bbox="389 1482 755 1621"> Walk Wheelbarrow walk Tennis ball chair legs Hokey Pokey </td> <td data-bbox="771 1482 1117 1621"> Jumping jacks Animal Walks Laying on belly to work Head/Shoulders/Knees/Toes </td> </tr> <tr> <td colspan="3" data-bbox="105 1663 191 1692"><u>Recess</u></td> </tr> <tr> <td data-bbox="105 1696 381 1764"> Monkeybars Running </td> <td data-bbox="389 1696 755 1764"> Swings Organized games </td> <td data-bbox="771 1696 1149 1764"> Slides 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>		<u>Classroom</u>			Slow Rocking March Seat cushions Songs with directed movement: i.e. Hokey Pokey	Walk Wheelbarrow walk Tennis ball chair legs Hokey Pokey	Jumping jacks Animal Walks Laying on belly to work Head/Shoulders/Knees/Toes	<u>Recess</u>			Monkeybars Running	Swings Organized games	Slides General Playground Equipment
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