

Start of SEL lessons self-regulation strategies:

1. Meditation
 - a. ND-friendly meditation (e.g. allowing movements, focus on repetitive movements)
2. Stimming of choice
 - a. Visual
 - b. Auditory
 - c. Vocal
 - d. Movement
 - e. Touch
 - f. Stim toys
3. Mindfulness practices
 - a. [Savoring](#) → documenting/noticing/attending to the small moments throughout the day that make you feel alive/joyful/etc.
 - i. Help shift our perspective to finding the small joys
 - ii. Fosters optimistic thinking
4. Doodling/drawing
 - a. [Draw the breath](#)
 - b. [Mindful doodling](#)
 - c. [Mindful drawing workshop](#)
5. Writing
6. Breathing patterns/exercises
7. Gratitude reflections
8. Emotion check-in
 - a. Do we need to:
 - i. experience emotion (~90 seconds, less if not tolerable)
 - ii. Identify emotion
 - iii. Self-soothe → self-regulation strategies
 - iv. Co-regulate → regulate with a trusted person
9. Exercise/physical movement

References

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