

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

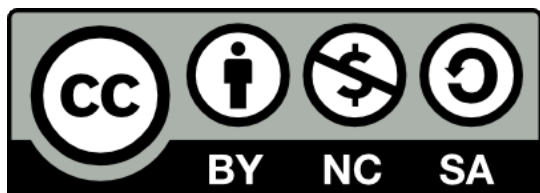
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