

## Regulate

(Brain stem level. Sensory work to enable child to relate to adult)

(Start quiet and slow to up-regulate for withdrawn children, or loud and fast for noisier children. Match starting point to child's level of excitement and bring down / up to regulated level.)

### **Lollipop**

Say lollipop with different tones of voice – children to copy to either up-regulate or down-regulate.

### **Popcorn**

Children hold edges of blanket with pompoms / cotton wool balls. Turn on gas = bounce pompoms like popcorn popping. Keep control and slow children down by turning gas off. Gas back on etc.

### **Hand stack**

Go slow or fast to regulate.

### **Hot potato**

In this order:

Hot – pass bean bag quickly around the circle.

Cold – pass bean bag slowly.

Light – hold bean bag up high to pass around.

Heavy – hold bean bag low.

Baby potato – rock bean bag before passing it on.

### **Bubbles**

Bubble tennis – blow back and forth.

Pop with finger / thumb / elbow / head, etc – use big movements and small movements to regulate.

Also blow feather / cotton wool ball / bubbles to partner.

### **Puppets**

Use puppets to regulate group and remind children of group rules, etc.

### **Send the weather**

Leader wiggles fingers and says she's making rain. Pass the rain around the circle until everyone is wiggling fingers. Then change the weather to thunder and pass it around (slapping knees) or wind (wave arms fast or slow for a calm breeze). Finish by having the sun come out and pass it around – breathe in as you raise your arms, and out as you bring them round in a circle.

**Noisy body parts**

Start with adult role modelling activity with each child, then children work in pairs around the circle. Move arms, bend elbows, move hands, fingers, etc and make creaking / popping / pinging noises, etc.

**Tin foil**

Wrap it around a hand / foot / arm / leg, etc and guess whose it is.

**Zip and zap games**

Say zip and gesture to right – repeat around the circle.

Introduce zap and gesture to left.

Pow – throw it across circle, then child can choose zip or zap.

Boing – send it back again.

**Fishy game**

Mr Fishy how are you?

**Creative Visualisations**

237, Quality Circle Time

Quality Circle Time

Relax Kids

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More

**Sausages**

Ask children questions and all answers must be 'sausages'. Choose new question master from any children who don't laugh. Alternatively, anyone who laughs has to take over as question master.

**Pass the squeeze**

Sit in a circle, holding hands. Squeeze the first child's hand and they pass it around the circle. Pass it fast, pass it slow, pass two squeezes, pass one squeeze then start another when it's halfway around the circle. Pass one squeeze one way, and another the other way. Always make it a gentle squeeze.

**Relaxation**

Tense then relax muscles in feet, hands, shoulders, stomach, mouth, etc.

**Belly breathing**

Lie on back with soft toy on your tummy and rock them to sleep with your breathing.

**Butterfly hug**

Tap alternate hands on collar bone, like the flapping wings of a butterfly.

**Colours**

Choose a soothing, relaxing, calming colour. Imagine it filling your body and calming your mind.

**Facial expressions**

Use facial expressions to show emotions.

Hide nose and mouth with a scarf, then show emotion just with eyes.

### **Rhythms**

Rhythmic clapping / tapping

Tooty-ta

### **Play doh**

Talk about how it feels, etc.

Create model and talk about it.

Make faces to show emotions.

Make model to show how emotions feel, e.g. sadness / fear / anger / worry.

Keep model for use later in session, eg child had modelled sadness, and adult offers to hold it for them for a while.

### **Therapeutic Treasure Deck - Grounding, soothing, coping and regulating cards**

#### **Feathers**

Decorate each other's hair.

Feather drop - drop feather from high up. Child has to catch it. Blow feathers back and forth.

Hold a cushion each - score a goal by blowing feathers onto the other person's cushion.

(Controlling breathing to regulate.)