



Looking After Myself and Planning Card - Grounding, Soothing, Regulating Plans

Exploring these activities and adding others to develop a way to manage in school without dysregulation

<p>Describe my environment calming myself enough to think: <i>What can I hear?</i> <i>What can I see?</i> <i>What can I taste?</i> <i>What can I smell?</i> <i>What can I touch?</i> <i>What can I feel in my balance?</i></p> 	<p>Go to my safe place - (physical or imaginary)</p> <p>Name of my safe place</p> <p>Safe place cue words</p> <p>What can I see, do, taste, Hear?</p> <p>How do I feel emotionally and physically when in my safe place?</p> 	<p>Remind myself of my safe, protective and supportive person</p> <p>Name</p> <p>Description</p> <p>Qualities</p> 
<p>Use and explore my sensory regulating box</p> 	<p>Do a.... (puzzle, crossword, drawing?)</p>  <p>Sort out.... (paper, buttons, Rubik's cube)</p> 	<p>Do something pampering:</p> <p>Painting nails</p> <p>Massaging hands</p> <p>Brushing hair</p> <p>Smelling aromatherapy oils</p> <p>Massage</p> <p>I will....</p> 

Do my breathing and relaxation exercises

Step 1

Step 2

Step 3



Do my muscle tensing and releasing exercises

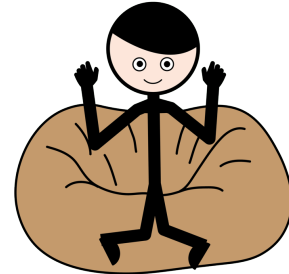
Step 1

Step 2

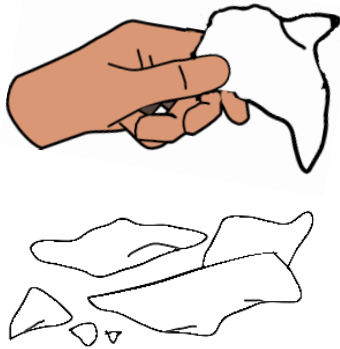
Step 3



Do my mindfulness, meditation, yoga exercises



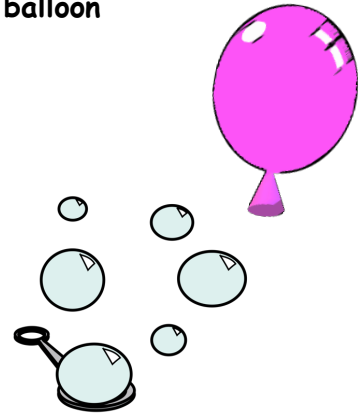
Rip, tear or scrunch some paper



Clean organise or tidy



Blow bubbles, blow feathers or blow a balloon



Drink a liquid through a straw, have a hot drink with some spices like nutmeg or cinnamon



Squeeze using alternate hands, a stress ball, some play doh Use a theraband or elastic

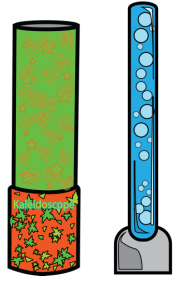


Do some physical exercises
Cycling, jogging, dancing, star jumps, shaking it out



Watch the movement intently

of a lava lamp, a snow globe, fish in an aquarium, a rain stick, or glitter in a bottle



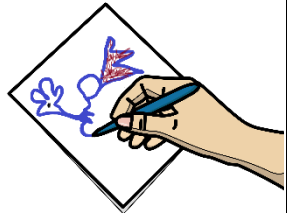
Interact with water

Wash cold water on my wrists or face



Do some regulating exercises

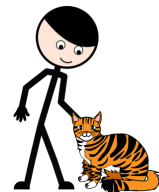
Drawing, putting weight on my back, rocking, crawling, climbing, wrapping myself in a weighted blanket



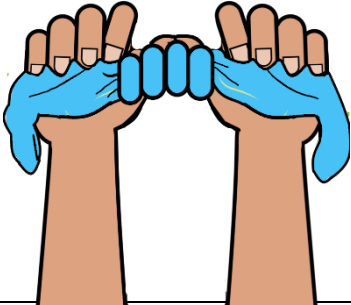
Go for a walk in nature



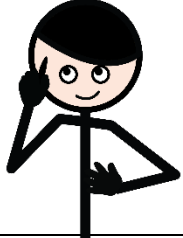
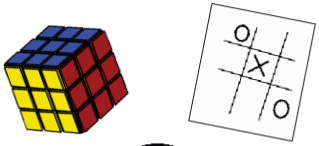
Interact with animals



Wring out/twist squeeze a wet towel

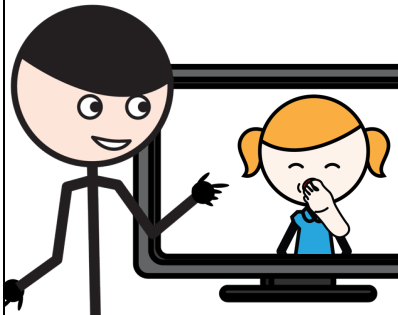


Play a brain based game like



Do, listen or watch something that will make me laugh....

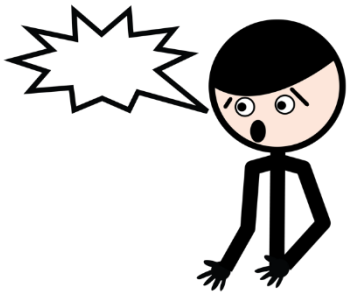
HA HA



Look through lots of positive memories like photos, cards, or sentimental items

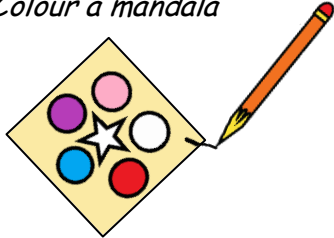


Let out a silent scream, find a quiet place to scream, bang a cushion



Do something creative like...

Trace a picture
Create a mandala
Colour a mandala



Imagery and re-scripting

When a difficult memory thought and/or feeling comes

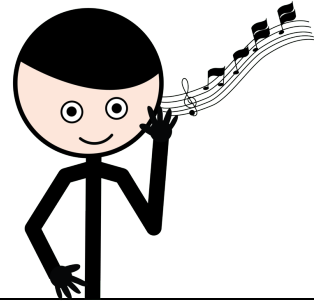


I will imagine....

I will remember....

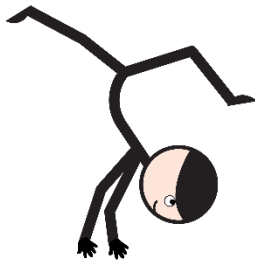
I will tell myself....

My favourite inspirational quotes, sayings, mottos, songs movies are

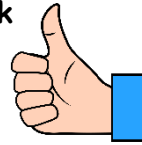


Name it/ Tame it

Name out loud how you feel. This feeling can be drawn, acted out, danced, sculpted, depicted in sand and written about



Positive self-talk



I am

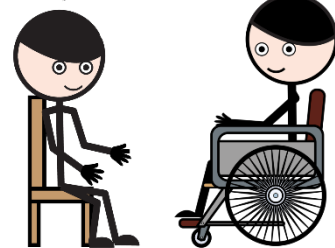
I can

I will

I know...

Things are different know because

Speak to someone who gets me, borrow their brain to describe ...



Taking care of myself is important because...



I need to do this when ...



My Coping Card

I will cope, calm and soothe myself by...

- 1.
- 2.
- 3.

I will tell myself...

I will support my mind, body, and relationships by

I will go to...

Every day I will

It might be tricky because