REGULATION–OLDER KIDS

Teach your child ways to help their body calm down such as belly breathing (breath in like you are smelling flowers and breath out like you are blowing out a birthday candle) or guided imagery (the use of words, music or images to evoke positive imagery scenarios).

**1 TOUC**h
warm or fuzzy blankets, weighted blankets, soft socks, putting lotion on, washing your hands with cold water

**2 SMELL**
essential oils on your pillow, great smelling soap, breathing in fresh air outside

**3 TASTE**
chewing on ice, eating a hard candy

**4 HEAR**
calming music, white noise, sound of waves crashing

**5 SEE**
Pictures of a loved one or calming scenery

Lazy 8 Breathing
Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

5 senses