

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

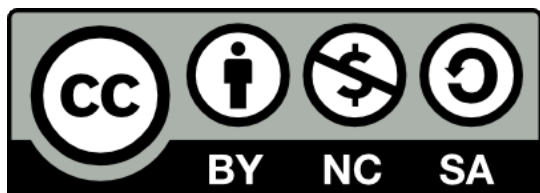
Engelbrecht, Natalie, and Martin Silvertant. *Embrace Autism | the Ultimate Autism Resource*. <https://embrace-autism.com/>.

Estrada, Jessica. "Co-Regulation Techniques Are Simple Ways to Calm the Nervous System-Here Are 3 Ways to Try." *Well+Good*, 7 May 2021, <https://www.wellandgood.com/co-regulation-techniques/>.

Ramirez, Daniela. "Savoring in Psychology: 21 Exercises and Interventions to Appreciate Life." *PositivePsychology.com*, 4 Feb. 2022, <https://positivepsychology.com/savoring/>.

Robinson, Bryan E. *The 90-Second Rule That Builds Self-Control | Psychology Today*. 2020, <https://www.psychologytoday.com/us/blog/the-right-mindset/202004/the-90-second-rule-builds-self-control>.

Willcox, G. (1982). The Feeling Wheel: A tool for expanding awareness of emotions and increasing spontaneity and intimacy. *Transactional Analysis Journal*, 12(4), 274–276.
<https://doi.org/10.1177/036215378201200411>



Except where otherwise noted, this work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](http://creativecommons.org/licenses/by-nc-sa/4.0/)

To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA

Spectrum Innovates
Spectrum Innovates Program
Spectrum Innovates Pathway Program
Spectrum Innovates Pathway Program at Vaughn College

© Eleanore Bednarsh 2015-2022