



Five-Minute Activities for Self-regulation

Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

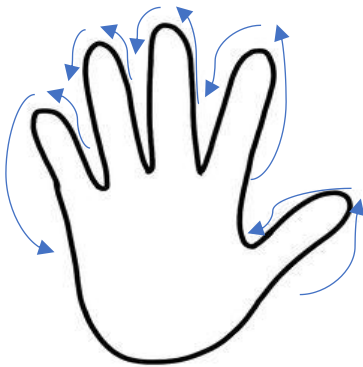
Belonging

ACTIVITIES YOU CAN DO ON YOUR HAND

Sometimes we need to stop and take five minutes to help regulate our emotions, to self soothe so that we can feel ready to start again. As we develop, we sometimes miss these cues and need to actively find ways to self-regulate. Here are six activities that you can do simply using your hand(s).

Hand Breathing

Breathe in as you trace up your finger, breathe out as you trace down. Take it *slow*, pause when you reach the top of each finger.



Five, Four, Three, Two, One

Five things that you can see,
Four things you can hear,
Three things you can feel,
Two things you can smell or taste,
One Deep breath.



Five things I am grateful for

Out loud or in your head, count on each finger something you are grateful for.

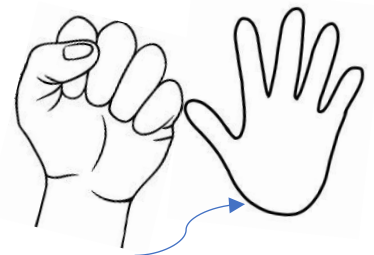
Visualise each being in your hand so that you can hold them with you throughout the day.

Finger Tapping

- Firstly, press the tips of all your fingers together.
- Begin by tapping your thumbs together five times, then tap your pointer fingers together five times, tap your middle fingers five times, then your ring fingers, then your little fingers.
- Now start with your little fingers, tapping together five times, working backwards until you reach your thumbs once more.
- Do this as many times as you need.
- Shake out your hands and wiggle your fingers.

Candles on a Cake

Blow out your fingers as if they are candles on a cake, whilst counting out loud to ten.



Fist Squeeze

Imagine the thoughts and feelings you have now are gathering in your hands, they are a red, hot energy.

Breathe in and squeeze your fists as tightly as you can.

Breathe out and open your hands, as you do this imagine that the energy is flying away.

Repeat until you feel calmer.

When you are done let your arms swing by your sides to feel how much you have loosened up.



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ACTIVITIES YOU CAN DO WITH LEGO

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Lego Chopsticks

Use long pieces of Lego as chop sticks to move pieces from one pile to another.

If you have enough bricks, you could compete against each other – Who can get all their blocks moved first:

Or you can play against the clock – How many pieces can you move in 30 seconds.



60 Second Lego Challenge

Create (or source) some cards with a variety of build challenges to complete in 60 seconds.

You could make the challenges more personalised.



One Brick at a Time

Take it in turns to add a brick to the tower but you are only allowed to touch one brick at time, so you can't hold the tower still!



Sorting Competition

This can be shaped in any way you want to. You could give categories to sort the bricks into, e.g., sort into size order, colour, shape etc.

Or allow the child to split them into three groups, allowing them to decide why they have grouped them like that.

Memory Games

1. Lay out the bricks on the table, give time to memorise the bricks. Cover them and remove a brick.

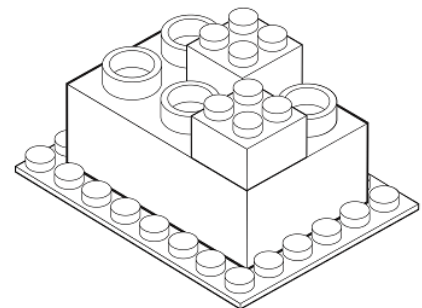
What brick is missing?

2. Create a sequence of bricks, give time to memorise the order. Cover them and rearrange.

Can you put them back in the right order?

3. Build a shape, take it apart, and mix up the bricks.

Can you rebuild it?





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ACTIVITIES YOU CAN DO ON WITH PENS AND PAPER

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Shared Drawing

You start by drawing a line, then ask the young person to carry on your line, taking turns until the page is full of scribbles. Ask the young person which bit they would like you to colour in, then they colour until you feel they are calm/ready to finish.

As you do the activity look for familiarities in the drawing:

"I think this bit looks like a cat, can you see anything in here?"



Scribble drawing game

Have a piece of paper each, both draw a scribble on the page.

Swap pieces of paper. Turn each other's scribble into something.

Share what you have created.

Square breathing

Start to draw a square, change direction each time you breathe in or out. Notice how the square changes as you start to relax.

Mindful Art

There are lots of ways and techniques to make art. When making mindful art, the process is more important than the product.

Try drawing shapes and patterns, allow your arm to flow and feel the connection to your body.

Try drawing something that makes you happy, something you are grateful for, something to make yourself smile.



Make a worry monster

Fold and tear the piece of paper to create a square. Fold the corners into the middle. On the folded corners create a monster by drawing eyes and make the centre the mouth. Open the folds and use the space in the centre to draw or write the worry. Then as you close it again the monster eats the worry.

It doesn't have to be a monster.

You could turn it into:

- An envelope to post your worry away
- A garage to park your worry in
- A message in a bottle
- A lion that eats the worry

Be creative and find what works for you...

How could you fold the paper to create other objects or animals?





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ACTIVITIES YOU CAN DO ON WITH POST-IT NOTES

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Zentangle

Use a post-it note to create a Zentangle. Create your own pattern repeating the lines that you chose to create. For more ideas, there are lots of Zentangle tutorials on You Tube.



Write a worry or problem

Simply the act of writing out a worry or problem can make it seem less substantial or allow you to acknowledge it and address it there and then, or plan how you can deal with it later.



Positive Word or Intention

Use a post-it note to write yourself a note, it could just be a word, e.g., CALM or BREATHE, or a phrase, 'YOU'VE GOT THIS'.

Make sure it is positive.

Stick it somewhere you will look at it a few times throughout the day, for example on your timetable or on the back of your phone, to remind you to keep that thought with you.

Compliments

Leave a message for someone to find.

If you were to leave a message for someone who was feeling the way you are today what would you say?

Could you brighten someone else's day by leaving a message for them?

Create a timeline of 'My day so far'

Use post-it notes to write out the things that have happened so far today.

Sometimes simply telling someone all the things that have gone wrong that morning helps to put them behind you, so that you can move on with your day.

The act of sticking them up as a timeline will help you to bring order and allow you to feel more in control of the rest of the day.

