



Regulate the Survival Responses

You are SAFE right now.

1. Resonate with the child's experience. Empathize with his or her distress.
2. Acknowledge the child's current experience without the immediate expectation of changing anything. Redirecting the child away from the distress sends a message that the distress is to be avoided and child will feel unheard and misunderstood.
3. Pull back and remove all expectations or demands.
4. Change of scenery, going out in nature if possible.
5. Calm tone of voice with prosody.
6. Slow deliberate movements that respect the child's boundaries.
7. Relaxed muscles and non-threatening body posture. Open and empathetic facial expression.
8. Be aware of shame (body posture, rapid voice cadence or halting stammer, nervous laughter, forced jocularity, humiliated fury, or rage fueled by worthlessness) and affirm the child's worth no matter what he or she did or the choices he or she made.
9. Ask the student to press gently on the eyeballs with eyelids shut, use a weighted eye mask
10. Isometric exercises, "Can you push the wall and make the room bigger." Model the activity to increase engagement.
11. Ask the student to slowly count to 50 using just one big deep breath
12. Model 3 big sighs (first - brain notices, second- brain see a coincidence, third - brain sees a pattern and responds) then ask child to do it with you
13. Ask child to engage in stretching exercises such as touching toes, lunges, hanging from a bar or pulling up on bottom of the chair.
14. Grounding, 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell
15. Wake up the bees: hum while thumping chest right and left hand alternately
16. Brain Gym hook ups, cross crawl



17. Offer a chair that rocks or spins or bouncing on a physioball.
18. Valsalva Maneuver: attempt to exhale against a closed airway. You can do this by keeping your mouth closed and pinching your nose while trying to breathe out. This increases the pressure inside of your chest cavity increasing vagal tone.
19. Diving Reflex: Considered a first rate vagus nerve stimulation technique, splashing cold water on your face from your lips to your scalp line stimulates the diving reflex. You can also achieve the nervous system cooling effects by placing ice cubes in a ziplock and holding the ice against your face and a brief hold of your breath. The diving reflex slows your heart rate, increases blood flow to your brain, reduces anger and relaxes your body.
20. Wet noodle
21. Embracing squeezes, hug it out, finger massage, palm stretch

You will feel safe later on.

1. Incorporate daily rhythmic, repetitive activities such as jumping, walking, running, swimming, swinging, drumming, rocking, biking. Allow as much time for these activities as possible. Child's nervous system will know how much they need.
2. Encourage child to notice body sensations. Begin by having them notice safe sensations such as cold hands or feet, textures of food, and progress to asking them to notice head, chest, back, muscles during times of distress. Label sensations with emotional language to help child develop the correlation between sensations, emotions, and behaviors.
3. Provide tolerable doses of stress and challenge that give the child experiences of success. Continuing to press too hard will repeatedly activate the threat response.
4. Practice slow motion games and games that require turn taking and regulation such as freeze tag, Simon Says.
5. Lizard or army crawl, standing on a balance board, hugging a large physioball with arms and legs repeatedly, wall pushups and wheel barrow walking daily will help to integrate protective reflexes