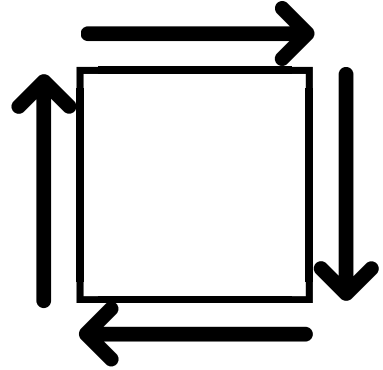
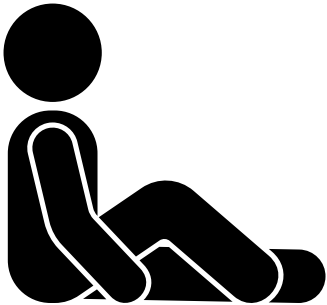


Whole Class Regulation

Do this as a group for all students to be ready to learn. This can also be used individually.

1		Take 5 slow square breaths In → 1, 2, 3, 4 Hold → 1, 2, 3, 4 Out → 1, 2, 3, 4 Hold → 1, 2, 3, 4
2		Repeat after me: I am in control I can make good choices I will focus on learning Say this slowly 3 times
3		Squeeze fists and count 5-4-3-2-1. Shake your fists and count 5-4-3-2-1. Do this for 5 rounds
4	5-4-3-2-1 Grounding 	In your mind, name: 5 animals 4 colors 3 fruits 2 words that start with R 1 thing you are thankful for
5		1 round of 5 finger breathing
6		Repeat after me: I am brave I can control my thoughts I will try my best