

# Regulation Strategies Toolkit



**REALLY GET TO KNOW THE CHILD'S PREFERENCES AND CHALLENGES**

**OFFER 'HEAVY WORK' TASKS**

**MODEL AND TEACH VISUALS FOR TRANSITIONS AND ROUTINES**



**LABEL YOUR EMOTIONS AND THEIR EMOTIONS IN SIMPLE LANGUAGE**



**1-MINUTE MOVEMENT BREAKS EVERY 30 MINUTES**

**PLACE YOURSELF AT THE CHILD'S LEVEL AND LOOK FOR THEIR POSSIBLE DISTRACTIONS**

**GIVE INSTRUCTIONS IN CHRONOLOGICAL ORDER**



**USE DIRECT AND CONSISTENT LANGUAGE**



**MAKE CALMING TOOLS PART OF YOUR CLASSROOM CULTURE AND DON'T USE AS A REWARD SYSTEM**



The  
**Owl Centre**



[www.theowl.org](http://www.theowl.org)