

LAUREN BRUKNER

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THE KIDS' GUIDE TO STAYING

AWESOME



AND

IN CONTROL

**Simple Stuff to Help Children Regulate
their Emotions and Senses**

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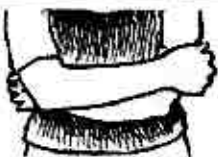


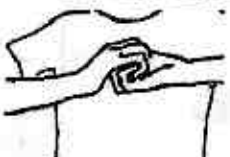


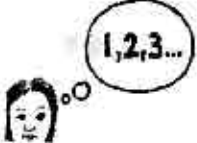
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Lauren's Self-Regulation Menu of AWESOME Anywhere Body Break Appetizer Choices

Anywhere Body Break	Picture	Choice (Check Off as many as you need to feel Just Right)
Arm-Pretzel		
Bubble Breath		
Give Myself a Hug		
Arm Massage		
Hand Massage		
Finger Pull		
Palm Push		
Seat Push-Up		
Count to Ten		








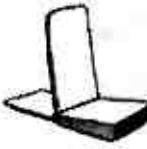

Did You Use Your Tools the Correct Way? Circle the **Just Right** Check Once You Do! ✓

Do You Feel **Just Right**? Circle the **Just Right** Smiley Face When You Do!



Lauren's Self-Regulation Menu of AWESOME Tool Appetizer Choices






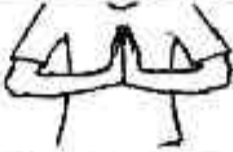















Tool	Picture	Choice (Check Off as many as you need to feel Just Right)
Noise-Reducing Headphones		
Cushion (Wedge or Disc)		
Fidget (Textured or Firm)		
Weighted Lap Neck Pad		
Weighted Vest		
Compression Vest/Clothing		
Rocking Chair		
Back Jack Chair		
Desk Correl		

cont.

At a Glance: Slow and Tired



Arm-Pretzel		Bubble Breath	
Give Myself a Hug		Arm Massage	
Hand Massage		Palm Push	
Seat Push-Up		Cushion	
Fidget (Textured or Firm)		Gum (especially minty flavors)	
Back Jack Chair		Crunchy Snacks/ Sour or Spicy Flavors/Cold or Frozen Foods	
Water Bottle With a Straw		Cross-Crawl	
Compression Vest/Clothing		Crab Walk	
Army Crawl (especially crossing arms)		Wall Push	
Superman Pose (especially with arms crossed)			



At a Glance: Fast and Emotional






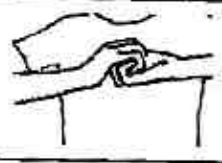
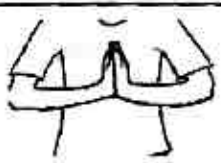

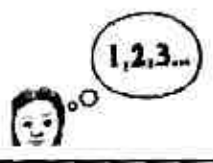
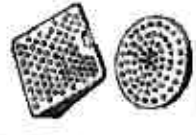
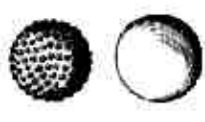




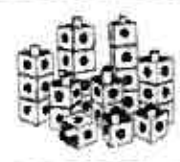






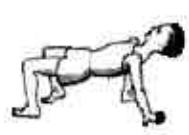


Bubble Breath		Give Myself a Hug	
Arm Massage		Hand Massage	
Finger Pull		Palm Push	
Seat Push-Up		Count to Ten	
Firm Fidget		Lap Pad	
Compression Vest/Clothing		Weighted Vest	
Manipulatives		Gum	
Water Bottle with a Straw		Taking Space	
Rocking Chair		Army Crawl	
Superman Pose		Wall Push	



At a Glance: Fast and Wiggly



Arm-Pretzel		Give Myself a Hug	
Bubble Breath		Arm Massage	
Hand Massage		Finger Pull	
Palm Push		Seat Push-Up	
Count to Ten		Cushion	
Firm Fidget (or Velcro)		Lap Pad	
Weighted Vest		Compression Vest/Clothing	
Rocking Chair		Manipulatives	
Gum		Water Bottle with a Straw	
Taking Space		Wall Push	
Army Crawl		Superman Pose	
Crab Walk		Cross-Crawl	