

APPENDIX 1

“Just Right” Checklist

This can be especially beneficial if laminated for durability/portability, and put onto a keyring with other printables, if desired, to carry around across different settings. You can download the checklist and place it around different settings, to improve the transfer of the steps of this skill of self-regulation—simply laminate or place in a plastic sheet protector!

“Just-Right” Checklist

- 1) **Breathing-Feelings Check-In.** Place one flat palm over your heart, and another flat palm over your belly. Pay attention to your breathing as it goes in and out. Is it even, or are you breathing too quickly/too slowly? Feel your heartbeat under your hand. Is it beating evenly, or is it racing? If your breathing and heart beat is too fast, force yourself to take slow and even breaths (read the instructions for “forced exhalation breathing” on p.35). You can always try this strategy to check in and see how your body is responding to a feeling, or to try to even out your breathing and heart rate, when you are feeling **Slow and Tired, Fast and Emotional**, or **Fast and Wiggly**.

- 2) **Label your feeling/s.** Now that you have slowed down your breathing, you have allowed enough oxygen to enter your brain and given yourself time to think. How are you feeling? Think of the category first (**Fast and Emotional**, etc.). Picture where in your body your feeling is, and the color/s of this feeling. Then go more specifically (i.e. are you frustrated, sad, etc.). Label your feeling/s.

- 3) **Connect your feeling to your strategy.** Think of your feeling. Take the feeling in your hand, as if it were physical. Now, whatever strategy you choose (and we will go into detail in the following chapters), take the energy of that feeling and make it disappear through the use of the physical, tangible exercise or use of **tool**. This step directly relates to the idea of the **Mind-Body Connection**.

Feeling/s: _____

Strategy/ies: _____

APPENDIX 2

“My List of Ten” Card

This can be especially beneficial if laminated for durability/portability, and put onto a keyring with other printables, if desired, to carry around across different settings. You can download it and place it around different settings, including the classroom, therapy room (and even the fridge) for the child/ren to write down positive attributes about themselves—simply laminate or put in a plastic sheet protector!

My List of Ten

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

APPENDIX 3

Positive Affirmations

This can be especially beneficial if laminated for durability/portability, and put onto a keyring with other printables, if desired, to carry around across different setting, or to use as a bookmark. You can download them and place them around different settings, including the classroom, therapy room (and even the fridge) for the child/ren to repeat the affirmations about themselves or write their own—simply laminate or put in a plastic sheet protector!

Affirmations 😊

"The glass is half full."

"I can't change other people—just myself."

"I make my part of the world a better place just by being in it."

"I am confident."

"I know myself as a person and as a learner."

"I can do anything I put my mind to."

"I have self-control."

"I love myself for who I am."

"I am focused."

"I am a valuable member of my community."

APPENDIX 4

“Just Right” Self-Monitoring Checklist

This can be especially beneficial if laminated for durability/portability, and put onto a keyring with other printables, if desired, to carry around across different settings. You can download it and place it around different settings, to improve transfer of the steps of this skill of self-monitoring around the process of self-regulation—simply laminate.

“Just Right” Self-Monitoring Checklist

1) Step 1: **Breathing-Feelings Check-In**

2) Step 2: Label your feeling/s

- ★ *Slow and Tired*
- ★ *Fast and Emotional*
- ★ *Fast and Wiggly*
- ★ *Just Right*

3) Step 3: Choose a strategy.

Strategy:

- ★ *a.*
- ★ *b.*

Was that enough? Check in. Take a breath.

If not, try a **tool**.

Tool:

- ★ *a.*
- ★ *b.*

Was that enough? Check in. Take a breath.

If not, try a **Big Break/Yoga** pose.

- ★ *a.*
- ★ *b.*

What strategy helped you feel **Just Right**?











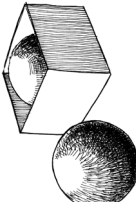











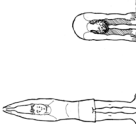


Try that first the next time this feeling comes up! 😊

APPENDIX 5

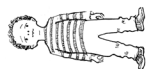





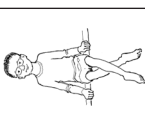

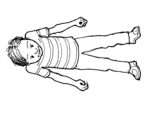



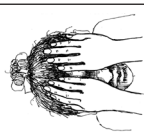
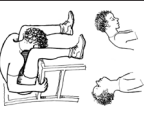






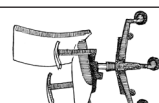
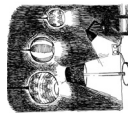


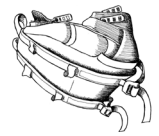









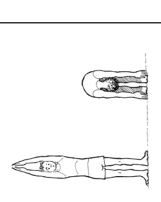
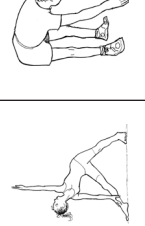

At a Glance Desk Strip Reminders—Anywhere Body Breaks, Tools, and Big Breaks/Yoga

These are great to place either on desks and/or throughout a variety of environments to increase the transfer of skills. You may want to color-code these strips, to make it easier to visualize. For example, you may want to download and print the **Slow and Tired** strip on *blue* paper, the **Fast and Emotional** on *red* or *pink* paper, and the **Fast and Wiggly** on *green* paper. Consider laminating for increased durability.






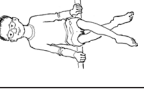



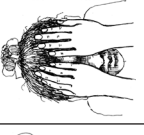



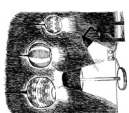


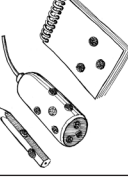












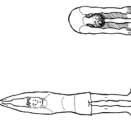


Slow and Tired (with visuals)

Bubble Breath	Deep Pressure Leg Massage	Hand Rub	Wrist Cross	Leg Cross	Hand Hold	Ear Massage	Arm Taps	Leg Taps
								
MP3 player	Yoga ball	Wearable fidget/ rubber keyring bracelet	Swivel chair	Lap pad/desk	Velcroed everyday items	"pet" bed pillow	Sketch the Lesson	
								
Laundry basket stuffed with pillows	Downward Dog	Upward Facing Dog	Bow Pose	Reverse Table	Sunrise, Sunset	Windmill	Kissing Knees	
								

Fast and Emotional (with visuals)

Bubble Breath	Breathings-Feelings Check-in	Deep Pressure Leg Massage	Find Your Light	Hand Rub	Wrist Cross	Leg Cross	Positive Self-Talk/Affirmations	Progressive Muscle Relaxation	Hand Hold
	 I AM SLOW AND TENSE		 MY LIGHT IS BLUE				 I CAN CHANGE OTHER PEOPLE'S BEHAVIOR I CAN CONTRIBUTE I CAN BE A LEADER I CAN BE A TEAM PLAYER		
Ear Massage	Feel where your body is	Eye Palming	Invert Your Head	Mindfulness	MP3 player	My List of Ten	"Draw and Jot" Journaling	Yoga ball	Wearable fidget/rubber keyring bracelet
	 HERE ARE MY SHOULDERS HERE ARE MY ELBOWS HERE ARE MY KNEES			 FOR THIS ONE MINUTE, I AM NOT THINKING ABOUT ANYTHING BUT MY BREATHING. I AM NOT THINKING ABOUT ANYTHING BUT MY FEELINGS. I AM NOT THINKING ABOUT ANYTHING BUT MY BODY. I AM NOT THINKING ABOUT ANYTHING BUT MY MIND. I AM NOT THINKING ABOUT ANYTHING BUT MY SOUL.			 pet, sad, happy, worried		
Swivel chair	Incandescent light/natural light	Mandalas	Binder / multi-subject notebook	Backpack or bag	"Husband" pillow	"Pet" bed pillow	Sketch the Lesson	Cool down/chill out area	Laundry basket stuffed with pillows
									
Downward Dog	Bow Pose	Reverse Table	Child's Pose	Sunrise, Sunset	Windmill	Kissing Knees			
									

Fast and Wiggly (with visuals)

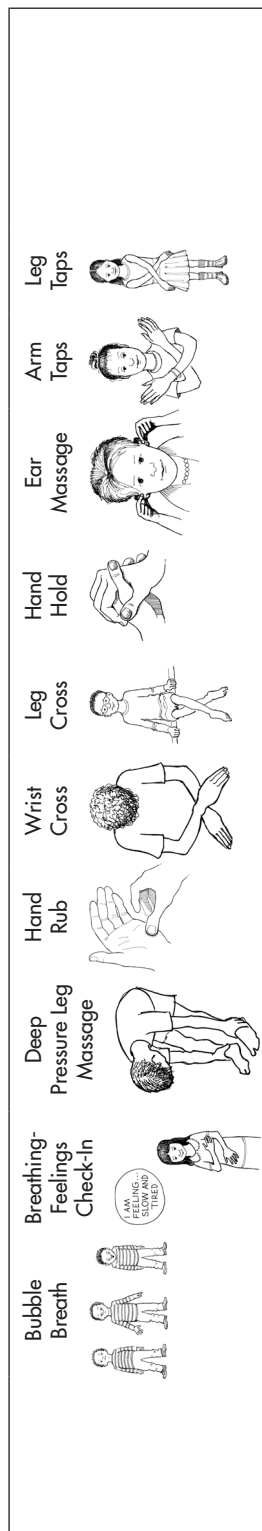
Bubble Breath 	Breathing-Feelings Check-In 	Deep Pressure Leg Massage 	Hand Rub 	Wrist Cross 	Leg Cross 	Positive Self-Talk/Affirmations 	Hand Hold 	Feel where your body is 	Eye Palming 
Mindfulness 	MP3 player 	Wearable fidget/rubber keyring bracelet 	Incandescent lights/ natural lighting 	Lap pad/ desk 	Mandalas 	Velcroed everyday items 	Binder/ multi-subject notebook 	Backpack or bag 	"Husband" pillow 
"Pet" bed pillow 	Sketch the Lesson 	Cool down/chill out area 	Laundry basket stuffed with pillows 	Downward Dog 	Upward Facing Dog 	Bow Pose 	Reverse Table 		
Child's Pose 	Sunrise, Sunset 	Windmill 	Kissing Knees 						

APPENDIX 6

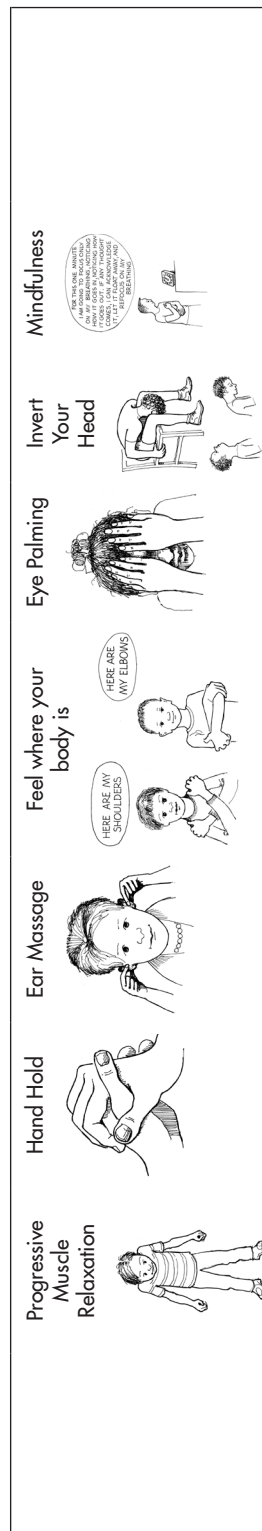
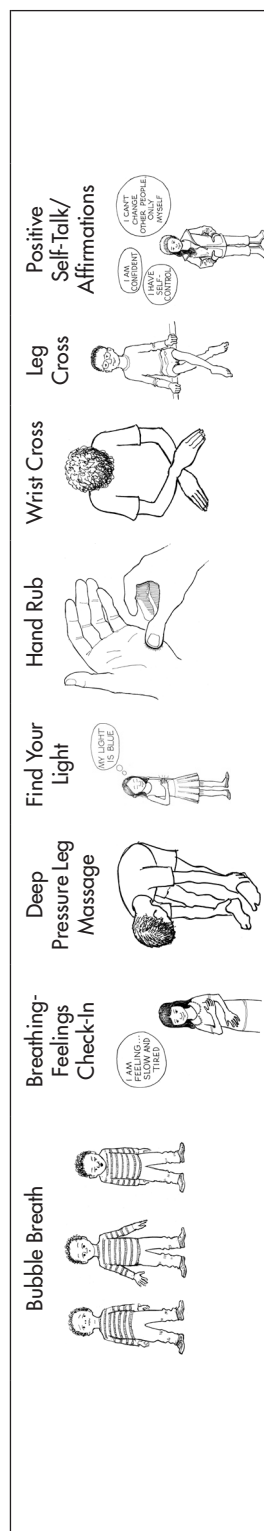
At a Glance Bracelet Reminders (for Anywhere Body Breaks Only)

These are great for the user to wear consistently across a variety of environments to increase the transfer of skills. You may want to color-code these bracelet strips, to make it easier to visualize. For example, you may want to download and print the **Slow and Tired** strip on *blue* paper, the **Fast and Emotional** on *red* or *pink* paper, and the **Fast and Wiggly** on *green* paper. Consider laminating for increased durability.

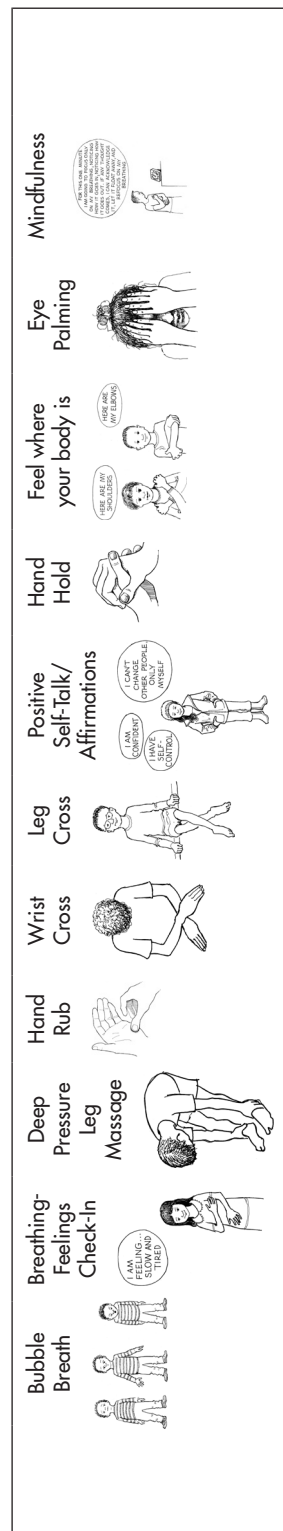
Slow and Tired (with visuals)



Fast and Emotional (with visuals)



Fast and Wiggly (with visuals)



APPENDIX 7

“Draw and Jot” Journaling Card

This is a great **tool** to vent your feelings and to let them out, so to speak. You can write them out, jot out a few words, or draw a representation. If you are using the cards, laminate 1–3 and attach them to your keyring. If you use a thin-tip dry erase marker that you can place in your pocket, this can be a portable “journal-on-the-go.”

If you are using the sheet templates (that you can download), on the top of the sheets, they have an option of going through the following process:

1. **“Breathing-Feelings Check-In”**
2. Label your feeling
3. Connect your feeling/s to your strategy
4. Write/jot/draw it out!

“Draw and Jot” Journaling

Step 1: Breathing-Feelings Check-In

Step 2: Label your feeling/s

★ *Slow and Tired*

★ *Fast and Wiggly*

★ *Fast and Emotional*

★ *Just Right*

Step 3: Connect your feeling to your strategy.

Step 4: Think for a moment—what strategies can I use today to keep myself feeling **Just Right** and in control?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.