



# Activities Guide

## Breathing Activities

**Deep Breathing with movement and sound:** Breathing activity that incorporates movement and sound. “We are going to practice deep breathing with movement and sounds. When I raise my arms up (demonstrate) I am going to take a deep breath in. When I bring my arms down I am going to exhale making a sound (i.e. ooooooooooooooooooh). You can make any sound that you wish to make. O.k. on the count of 3 let’s practice together ...”

**Bubble breathing:** Bubble breathing emphasizing the goal of breathing slow and long to make a large bubble. Practice blowing bubbles for 1 minute.

**Warrior Breaths:** The directions are as follows: “a samurai warrior facing tremendous pressure, there was a teaching that, even in the most difficult of circumstances, the samurai is able to achieve full focus in the space of seven breaths. In order to do that, you must be willing to focus, for the space of those 7 breaths, on nothing but the process of the breath coming in, the stress going out.” Breathe in/out 7 times.

**Deep Breathing with a Straw:** Deep breathing is the fastest way to send a message to the brain that everything is o.k. Using a straw and a small piece of paper, take a deep breath in through the straw (expanding belly out so that it looks and feels like it is filling with air) with the goal of holding the small paper on the end of the straw. After a count to 4, exhale allowing the paper to fall to the floor.

**Pinwheels:** Like the bubbles, it is a visual aid to show breath control. Blow pinwheels and see the difference in the spinning when upset and breathing is hard and fast vs. the spinning when calm and breathing is calm.

**Ping Pong Ball:** Blow through a straw to suspend a ping pong ball on the stream of air. This requires control of your breathing to complete successfully.

**Feathers:** Blow feathers to keep them from hitting the ground. ~OR~ Use a straw to blow feathers across the table.

**Smell the Flower/Blow out the Candle:** Pretend to pick a flower, lift it to your nose, and pretend to smell it. Now pretend your finger is a birthday candle and blow out the candle.

**Hot Cocoa:** Pretend to pick up a mug of hot cocoa, feel the warmth of the cup, smell the cocoa, blow on it to cool it down, sip the cocoa and feel it as it runs down into your tummy.

## **Music Activities**

**Relaxation with Music:** Play some relaxation music and repeat the following: “I am here” (while inhaling and raising your arms up) and “I am calm” (while exhaling and putting your arms down.)

**Relaxation with Music 2:** Play some relaxation music and just listen to it mindfully without doing the mantra. Remember to breathe while listening.

**You’ve Got the Beat:** We are going to create music together today. Each of us is going to have a turn creating a beat using our hands and body. We will take turns being the leader or creator of the beat. The rest of us and/or other person will follow the leader (can do this one with movement as well).

**Musical Instruments:** (if possible) Have more than 1 type of musical instrument. Demonstrate the sound of each. Ask person to close their eyes or turn their backs (if comfortable). Identify the sound and link it to a specific instrument.

**Rain Sticks:** Turn the rain stick over. Listen to the sound as the intensity increases then fades away. Let your stress and thoughts fade with the sound. Rain sticks can be made out of paper towel tubes or other card board tubes. Use small nails or push pins and poke them through the tube, cover one end with paper then tape, fill tube to desired sound (suggestions: rice, beads, bird seed, beans,... everything will make a slightly different sound), cover open end with paper and tape. You may want to tape the outside of the tube to help keep the nails/push pins in the tube.

## **Mindfulness and/or Focus Activities**

**Peacock Feathers.** Review concept of Mindfulness by explaining that being mindful means to learn to focus on a particular activity without distraction. We are going to practice balancing a peacock feather. In order to balance the peacock feather you will need to do two things: 1) To focus on the top of the feather to see where it is moving; and 2) To move your body with the feather.

**Mindfulness Bell:** Ring a bell focusing on the sensory experience of sound. Notice the change in sound as time passes. Practice deep breathing while listening.

**Manipulating clay mindfully for 1 minute:** Focus on the feel of the clay in your hand, the smell, the texture, the temperature of the clay, and energy.

**Focus Objects:** (smooth stone, Morpheus ball, etc.) spend a minute focusing on how the object feels (hot, cold, smooth, rough, hard, soft), how does it smell, how does it look (does it reflect the light), how does it move, etc.

**What did I change?** Take a full minute to study another's appearance, following the minute that person will leave the room (or will turn back to back) and will change 1 thing about their appearance. They may change something on their body like taking an earrings off, moving the position of their watch, unbuttoning a button rolling up pant leg, untying a shoe, etc. The goal is to really focus in on 1 person in a safe way in the interest of reading various cues in others, in the environment, etc. When the person returns to the room, the observer has to guess what has changed about the person's appearance. The roles can be reversed if so desired.

**Memory Game:** Be mindful of your environment; study all of the things in the room. Close your eyes and recall an item in the room that was white (or another color chosen).

**Optical Illusion:** Focus on an optical illusion (public domain resource) for a period of 30 seconds. What do you see first? What do you see after looking for 30 seconds?

**Hidden Picture:** Find the identified pictures in a Hidden Picture puzzle (public domain resource through Highlights Magazine).

**Coloring:** focus on the colors, the feel of the marker (crayon, pencil, etc.) in your hand, how does it feel when applied to the paper

**Glitter Jar:** in a jar combine: water, clear glue, and glitter. Shake. Can use to take a break until the glitter settles. Watch as the glitter settles and let your mind/body settle as the glitter does. (Tips and examples for introducing to children are included in the following pages 4-5)

**Swirl Jar:** Used as the glitter jar above, but made with 50/50 shaving cream and water. Add food coloring for desired color. Will take some time and reshaking to mix thoroughly.

**Sniff boxes:** recloseable containers with a scent soaked cotton ball inside. Soak cotton ball with scents that help you. Can be used to calm, relax, reenergize, mood lifter

**Pipe Cleaners:** spend a minute manipulating pipe cleaners. Can create something or just manipulate them. How do they feel? How do they move?

**Gel Bag:** Put hair gel, glitter, small beads, etc. into a ziplock bag. Make sure to get all extra air out, seal and tape shut. Spend time manipulating the bag. How does it feel? How does it move? (similar to a stress ball)

**Stress Ball:** Fill a balloon or latex glove with rice, beans, flour, sand, etc. Tie shut (may want to double up in another balloon or glove). Focus on how it feels, moves, etc.

**Mindfulness Jar:** When introducing mindfulness to children, try using the mindfulness bottle as a visual. This activity is sometimes referred to as "Mind in a Jar" because the water signifies our mind and the glitter our thoughts and feelings, such as anxiety and worrisome thoughts. When the water is calm it is clear, it is much like our mind is clear when our thoughts and feelings are calm. When something happens that causes our thoughts and feelings to swirl around, even just a little, we cannot see quite as clearly. And when the mind is very active, we can't see (through the bottle) at all! If we needed to make a decision or respond thoughtfully to someone, we would be very challenged to do so until we were able to calm our mind and see clearly.

For kids, shaking up the mind jar is way of expressing how they feel. Watching the glitter slowly settle and noticing their breath while doing so teaches kids a way of self-regulating their emotions, and allowing thoughts or reactive tendencies to settle...just as the glitter settles. Eventually, we can see more clearly through the jar, just as we teach ourselves to allow the mind to settle, we "pause" and learn how to respond to a situation more skillfully, rather than to impulsively react.

It is important for children to understand that our thoughts and feelings are not bad, even when they are upsetting, because they are a part of what makes us who we are. Mindfulness teaches us to grow in our awareness of our internal and external states; to be curious of our thoughts and feelings, and learn to sit with them even when they are uncomfortable.

Mindfulness bottles can be used to cool-down or for self-time-outs. When a child is beginning to feel upset or dis-regulated (their emotions are swirling), they can shake their mindfulness bottle and watch the glitter float to the bottom.

Watching the glitter is peaceful and it tends to have a calming effect. This calming technique works best if the adults have taught and modeled this method several times when the child was calm, as it is very difficult to learn and implement techniques when we are already frustrated.

## **Movement Activities/Games**

**Dice Game:** The goal is to practice breathing or light movement. Roll the dice. Choose a movement (i.e. shoulder rolls, stretches, deep breathes). Initiate and sustain that movement to the count of whatever number is indicated on the dice.

**Stretching:** Engage in some gentle movement and stretches.

**Simon Says.** Discuss the concept of Mindfulness by explaining that being mindful means to learn to focus on a particular activity without distraction. Give the following instructions: “today we are going to play advanced Simon says. Remember that in Simon says there is a leader (Simon) and followers. The goal of the follower is to follow the leader’s actions BUT only when the leader says “Simon says”. Because this is an adult version we ask that all caregivers follow the honesty system and self-select yourself out if you follow the leader when he/she does not say Simon says.

Simon Says can be used to help children moved their energy up or down. Start where their energy is and choose activities that incrementally move that energy. If they are wound up, start with things like spin in circles, jump on one foot, and then moved down slowing to things like touch your toes, stretch your arms, take deep breaths.

**The children are sleeping.** Have the children lie down on the floor pretending to sleep as you chant “the children are sleeping, the children are sleeping, when they wake up they will be \_\_\_\_\_” fill in the blank with some sort of animal and the children wake up and pretend to be what was said (cat, dog, cow, snake, etc.)

**Yoga/Movement activities (found on following pages):** These also include more breathing exercises that will appeal to children

## Quick Yoga for Kids

To begin, have the children sit comfortably at the edge of a chair or cross-legged on the floor. If seated, their feet should be flat on the floor and hips width apart. Have them sit tall, with their backs straight but not rigid.

### **Fireworks Calming Breath Technique**

As the kids inhale, have them bring their hands together in ‘prayer’ (but call it a ‘rocket’) Have them inhale as they “shoot their rocket overhead” by reaching their arms up (palm still together) Then on the exhale, the hands part and circle out and around, wiggling the fingers as they go down like the twinkles of ‘fireworks’ after their rockets have exploded.

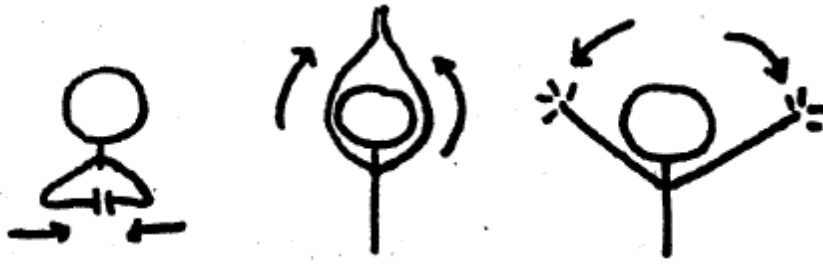
\*Inhale - palms together at the heart

\*Inhale again and extend arms overhead

\*Exhale and release hands slowly down

The ratio of breath is 1:2. So that if they are inhaling for 1 count, they inhale again for 1 count and exhale more slowly, so that it totals 2 counts.

Repeat 3-5

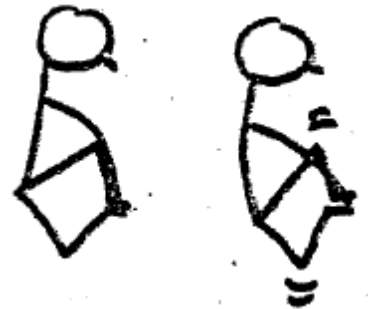


rounds.

### **Butterfly Breathing**

If children are feeling more energetic, this is a good place to start because it is more active than the other breathing exercises.

- \* Have everyone sit comfortably, crisscross apple sauce - in "Butterfly Pose"
- \* Flap the legs like butterfly wings - fast at first, then slower, slower, slower
- \* With one hand in your lap and the other on your knee ...
- \* Take in a breath slowly, lifting one finger at a time and counting off...
- \* Breathing in "1" ... Breathing in "2" ... Breathing in "3" ...
- \* Now breathe out 1" ... out "2" ... out "3" ...
- \* Start out going to 3, then to 5, working up to 8
- \* This helps to create slow, even inhales and exhales



### **Bumblebee Breath**

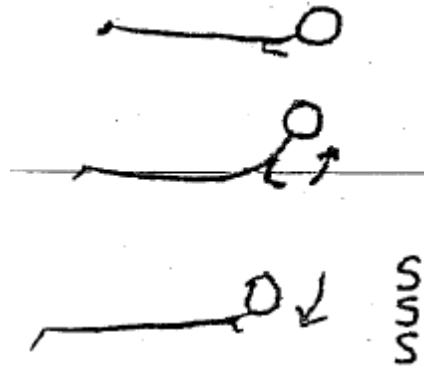
In Bumblebee breath we will work our way toward producing a humming sound while blocking sight and external sound; this practice will help young children to bring their attention inward.

- \* Take a slow, deep breath in through your nose, all the way down into your belly
- \* Exhale out to "Hummmmmmm" as long as possible
- \* Inhale and do this again, this time with your eyes closed, focusing on the humming sound
- \* Try the same breath again with eyes closed and ears blocked with your hands
- \* Start over from the beginning - Hummm ... then Hmmm plus eyes closed... then Hummm plus eyes closed and ears blocked
- \* Repeat several times

## **Snake Breath**

Snake pose can be therapeutic for asthma and stimulates the abdominal organs; this pose can be especially beneficial for little ones that often have 'tummy aches'. Adding 'snake breath' to the snake pose will help to calm the body and mind and to increase the capacity for deep breathing.

- \* Before getting into the pose, practice a hissing sound with your little ones - once they get the hang of it you can skip this step
- \* Begin by lying flat on your belly, forehead on the floor or mat palms down
- \* On an inhale, gently lift your chest from the floor, press the tops of feet and thighs into the ground, using your abdomen to lift you (do not use hands)
- \* At the beginning of your exhale, slowly lower back to the ground with a hissing sound
- \* The goal is to draw out the "sssss" sound (exhale) for as long as possible

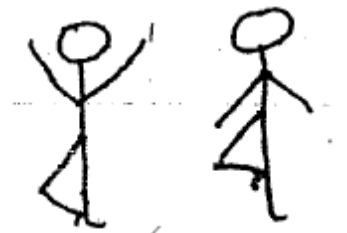


## **Tall and Strong like a Tree**

Benefits: Improves sense of balance; relieves sciatica; strengthens thighs, calves, ankles, and spine.

*Caution:* High blood pressure - don't raise arms overhead; poor balance, steady yourself on first try

- \* Stand tall, straight back, top of head to the sky
- \* Inhale, shift your weight to your left foot, bend the right knee
- \* First time: Touch your right toes to the floor, heel up resting on your calf, knee bending out to your right as far as is comfortable
- \* Advancing: Right foot draws up from the floor, resting on your calf, heel below the knee, toes toward the floor, knee to the right
- \* Arms can rest at the sides, fingers pointing to the floor; or hands together at heart center; or arms overhead, fingers pointing to the sky



\* Exhale to standing. With an inhale, repeat on other side

### **Ragdoll Pose**

Benefits: Relieves headache, insomnia, & symptoms of menopause; calms the brain; improves digestion; therapeutic for asthma, high blood pressure, osteoporosis, sinusitis.

Caution: Back injury - be very gentle, bend knees; prone to dizziness - practice as a seated pose.

\* Can be done standing or seated in a chair

\* Straight back, top of head to the sky, inhale, arms over head

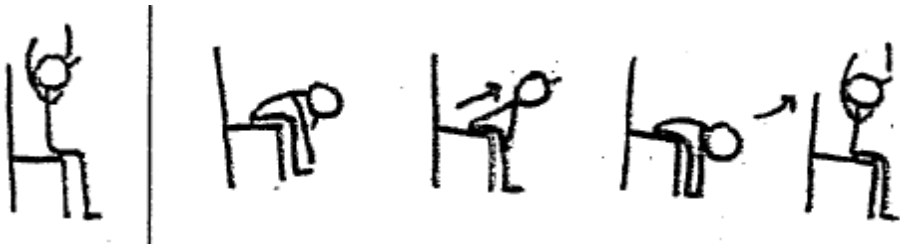
\* Exhaling, bend forward, slight bend in knees and elbows

\* Let your head and hands loosely fall toward the floor

\* Let go. Inhale deeply, exhale with an "ahhhh"

\* Shake your head yes and no. take a few deep, long breaths

\* Slowly roll yourself up, starting with your back, then chest, shoulders, head last



### **Do the Twist**

Benefits: Energizing; promotes lymph circulation; improves digestion; helps relieve stress, lower backache and sciatica.

Caution: Do not practice if you have a headache, high or low blood pressure, diarrhea, menstruation.

\* Can be done seated in a chair, on the floor, or standing

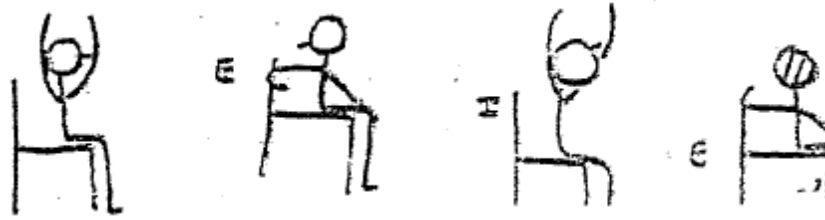
\* Straight back, top of head to the sky, inhale deeply

\* As you exhale, twist to the right, as far as is comfortable, looking over your right shoulder - hold for at least one breath, then inhale to center

\* On your next exhale, twist to the left, as far as is comfortable, looking over your left shoulder - hold for at least one breath, then inhale to center

\* If time allows, you can stay in the twist for several breaths





### **Gopher (Seated Cat/Cow)**

Have them begin with their hands on their knees

\*As they Inhale, have them gaze up towards the sky - like a gopher popping his head out of his hole (when demonstrating, also roll the shoulders back and expand your chest)

\*On the exhale they tuck the chin to the chest -like the gopher has gone back in the hole (when demonstrating 'C shape the spine and round the shoulder blades)

Continue 5-10 rounds of breaths

For variation, on the inhales, while they are looking up, they can also look side to side for a neck stretch. Have them pretend they are looking across the prairie before they dive back down in their hole.



### **Roll Like a Ball**

From a seated position, have the kids bend their knees, so that their feet are resting on the floor.

Have them wrap their arms around their knees/shins and tuck their chins to the chests

So that they are in a tight little "ball".

From there, they can slowly roll back, and then try to come back up

Most will not be able to roll all the way back up to seated, but trying the motion will massage the spine (this is best done on carpet or padded flooring).

Have the kids "roll like a ball" several times. End with a roll back so they can unwrap their arms and be in a lying back position on the floor



## **Belly Breathing**

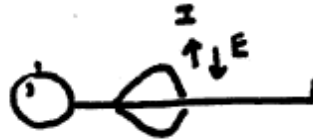
Have the kids lie comfortably on the floor. They may cushion their heads with a pillow.

With their eyes closed, have them place both hands on their bellies. (They can make a 'diamond' over their belly buttons with their forefingers and thumbs.)

As they breathe, have them try to lift their bellies up with air like balloons.

Tell them they should feel their hands rise and fall. (You can also talk about breath feeling like 'waves' going up and down.)

Let the room get quiet and let them breathe and feel their breath for several minutes in silence.



## **Airplane**

Have the kids standing with feet hips width apart and parallel.

Have them pretend they are "airplanes" by extending their arms out to the sides, parallel to the floor. Have them be 'strong' airplanes by reaching through their fingers and having strong, straight arms.

\*First, the airplane will turn to the right and left. Have them keep their arms straight and strong, but lean to the right (side bend)

Reaching the bottom fingers down towards the earth, and the top fingers up towards the sky

Their bodies should be bending to the right

REPEAT LEFT

\*Then, the airplane will "Twist" to the right and left (Spinal Twist)

Keeping their hips forward and their arms still out parallel, have the kids twist to the right. They may look back over their back hand

REPEAT LEFT

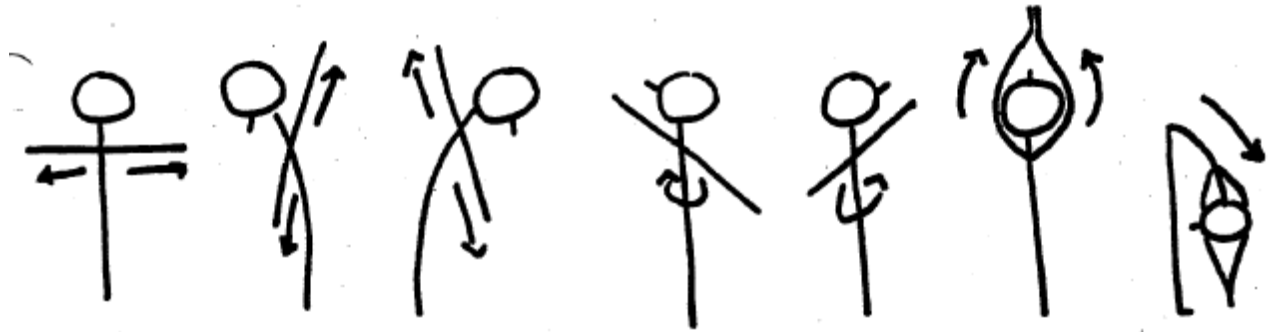
\*Now the airplane is going to climb high in the sky!

Have them reach their arms overhead and put their palms together. Look up if comfortable.

Then the plane will "dive down" (forward fold)

Have the kids fold their bodies in half, taking their fingertips to the floor, hands still pressed together

Repeat all the above stages several times, for variation, mix up the order or let the kids decide what happens next on the planes adventure!



## Imagery and Relaxation Activities

**Pleasant Imagery:** Focus on a pleasant picture for 2 minutes. Imagine the sounds, sensations, smells, etc. that would be associated with the image. After 2 minutes close your eyes or find a focus point in the room and to imagine yourself in the picture.

### **Light Stream:**

Concentrate on any upsetting body sensations. Think about:

If it had a shape, what would it be?

If it had a size, what would it be?

If it had a color, what would it be?

If it had a temperature, what would it be?

If it had a texture, what would it be?

If it had a sound, what would it be?

Think about what your favorite color is

What color do you associate with healing?

Imagine that a favorite light is coming through the top of your head and directing itself at the shape in your body.

Let's pretend that the more you use of the light the more you have available

The light directs itself at the shape and vibrates in and around it. As it does, notice what happens to the shape.

Let the light continue to direct itself at the shape, until it is completely gone.

Now spread this light to every part of your body.

From the top of your head, down to your shoulders and arms, to your hands, down your chest, to your stomach, into the top of your legs, down your calves, into your feet.

Now I want you to become aware of the room as I count from 5

**Going on Vacation:** Relaxation using imagery. Close your eyes or to select a point of focus in the room. Read the “Going on a Vacation Script” (May also be done with a destination of your choosing. Go through the senses answering these questions about your location. What do you see? What do you hear? What do you smell? What do you feel (sense of touch not emotion)? What do you taste?)

Close your eyes and make yourself comfortable. We are going on a vacation and this will require you to use your imagination and your senses to try and experience the trip. You are already at your destination. All the stress of planning, paying for, getting on the trip are over. You are now *ON* vacation.

Imagine yourself at the beach. You are barefoot walking on the sand. Notice the feeling of the soft, hot sand on your feet. Are your soles sensitive? Does it tickle? Can you feel it between your toes?

Look around to find a perfect spot to lay your towel. You spread out your towel and notice the color of the stripes, red, blue, green and black. Look out at the ocean. Can you see the horizon? What color is the water? Is the surf calm or choppy? Notice the ocean breeze on your skin and the smell of the tide. Do you taste the ocean air?

Take out your sunscreen and begin to rub it on your skin. How does it feel? How does it smell? Does the fragrance remind you of anything?

Lie down and get your body comfortable in the sand. How does the sand feel under your back? Notice your body relaxing. How does the sun feel beating on your skin? Listen to the surf hitting the shore and the sounds of nature around you.

**Progressive Muscle Relaxation Technique:** Explain that we are going to be practicing muscle relaxation today. Consider the following instruction, “The key to relaxing your muscles is actually to use them! You start by clenching your muscles so they get really, really tight and then eventually relax them. Tight like uncooked spaghetti then relaxed like cooked spaghetti”. The instructions to the activity can be found below:

Get into a comfortable position and relax. Now clench your right fist, tighter and tighter, studying the tension as you do so. Keep it clenched and notice the tension in your fist, hand and forearm. Now relax. Feel the looseness in your right hand and notice the contrast with the tension. Repeat this with your right fist again, always noticing as you relax that this is the opposite of tension-relax and feel the difference. Repeat this entire procedure with your left fist and then with both fists.

Now bend your elbows and tense your biceps. Tense them as hard as you can and observe the feeling of tightness. Relax, straighten out your arms. Let the relaxation develop and feel that difference.

Turning your attention to your head, wrinkle your forehead as tight as you can. Now relax and smooth it out. Let yourself imagine your entire forehead and scalp becoming smooth and at rest. Now frown and notice the strain spreading throughout your forehead. Let go. Allow your brow to become smooth again. Close your eyes now, squint them tighter. Look for the tension. Relax your eyes. Let them remain closed gently and comfortably. Now clench your jaw, bite hard, notice the tension throughout your jaw. When the jaw is relaxed, your lips will be slightly parted. Let yourself really appreciate the contrast between tension and relaxation. Now press your tongue against the roof of your mouth. Feel the ache in the back of your mouth. Relax. Press your lips now, purse them into an “o”. Relax your lips. Notice that your forehead, scalp, eyes, jaw, tongue and lips are all relaxed.

Press your head back as far as it can comfortably go and observe the tension in your neck. Roll it to the right and feel the stress, roll it to the left. Straighten your head and bring it forward, press your chin against your chest. Feel the tension in your throat, the back of your neck. Relax, allowing your head to return to a comfortable position. Let the relaxation deepen. Now shrug your shoulders. Keep the tension as you hunch your head down between your shoulders. Relax your shoulders. Drop them back and feel the relaxation spreading through your neck, throat and shoulders, pure relaxation, deeper and deeper.

Give your entire body a chance to relax. Feel the comfort and the heaviness. Now breathe in and fill your lungs completely. Hold your breath. Notice the tension. Now exhale, let your chest become loose, let the air hiss out. Continue Relaxing, letting your breath come freely and gently. Repeat this several times, noticing the tension draining from your body as you exhale. Next, tighten your stomach and hold. Note the tension, then relax. Now place your hand on your stomach. Breathe deeply into your stomach, pushing your hand up. Hold, and relax. Feel the contrast of relaxation as the air rushes out. Now arch your back, without straining. Keep the rest of your body as relaxed as possible. Focus on the tension in your lower back. Now relax, deeper and deeper.

Tighten your buttocks and thighs. Press down on your heels as hard as you can. Relax and feel the difference. Now curl your toes downward, making your calves tense. Study the tension. Relax. Now bend your toes toward your face, creating tension in your shins. Relax again.

Feel the heaviness throughout your lower body as the relaxation deepens. Relax your feet, ankles, calves, shins, knees, thighs and buttocks. Now let the relaxation spread to your stomach, lower back, and chest. Let go more and more. Experience the relaxation deepening in your shoulders, arms and hands. Deeper and deeper. Notice the feeling of looseness and relaxation in your jaws and all of your facial muscles.

Let the tension dissolve away . . .

ENJOY THE PEACEFULNESS AND QUIET FOR A FEW MINUTES...

**Note:** Facilitator may select a portion of this to focus on today and another portion for next session if needed

## **Identity Activities to support Self and Identity Development**

**Identity Shield:** Draw a shield and divide into 4 parts. These represent 4 different aspects of who you are. They can be you by yourself, you with family, you with friends, you with kids, you at work, you as a whole, etc. Choose an image that represents a YOU that you have chosen for that space. Repeat for each part. When finished you will have a shield with 4 images that represent 4 *different* aspects of who you are.

**Protective Wall:** Brick walls have lots of parts. Walls can be functional, but we need to be aware of them. Draw a brick wall on a piece of paper. On each brick list a defense you use. These can be things like yelling, leaving, not feeling, pushing others away, etc. We need protective barriers to get by, but we need to be aware what they are.

**Support Network:** Who is a support in your life? Who can you turn to? In what part of your life are they a support (work, personal, emotional, financial, etc.)

**Intimacy Levels:** Draw concentric rings on a paper (will look like a bulls-eye). Put yourself in the middle. Now put your support network people in the rings according to how close of a support they are. Who do you share EVERYTHING with? Who knows most things? Who only know certain parts, but not others (such as work, but not personal)? List each of you support network in the rings according to how close or far from the true/whole you they know. When finished, look at where you've placed each person. Is there anyone you want to move closer? What would they/you need to do? Is there anyone you want to move further out? Were there any surprises?

**You are a Box:** Draw a box on a piece of paper. Outside the box, list the things you show others. Inside the box, list the things you only show yourself. How do you portray yourself to others? How do you see yourself?

**Sand Jar:** This is like the sand jars you see at the fair, but instead of just filling it with pretty sand, you will put meaning to each of the colors. You will need a jar, a small funnel, and various colors of sand (or colored salt. You can color salt by placing some table salt into a ziplock bag and adding food coloring. Now squish the salt and coloring around until thoroughly mixed). Identify and assign an important value to each color (*for example, blue may indicate respect; red may indicate kindness to others, etc.*). Determine the “amount” of importance attributed to each value and to place that amount of sand into the container.

Variation: Do the sand art activity with your child(ren)/ spouse including the discussion about what is important to your family.

## **Other Modulation Activities:**

**50 Self-Care Things You Can Do in (about) a Minute** a list of 50 ideas that take little time but can have BIG benefits found on pages (*list can be found at the end of “Other Modulation Activities” section*).

**Books and storytelling:** Books and storytelling can be a good way to help transport yourself or others to another place. If reading aloud, try adding feeling and voices to the different characters. Try memorizing a favorite story and telling it without the book like you would tell your own stories and adventures.

**Deep pressure** (e.g. weighted corn bags, lap friends, rice sock)

**Cooking projects:** Cooking and baking can be a good way to take a minute and recollect your thoughts and emotions. You can do this alone or with someone else. You can bake a favorite dish or treat. You can make something that will lift your mood or something that fits your mood. (ex. making bread when you are mad. Kneading the dough gives you a chance to physically work out anger and frustration.)

**Sensory** (e.g. soft things, making a stress hand from cornstarch and water, smooth rocks, pieces of cloth, thinking stone, shaving cream)

**Building** forts or fairy castles: You can focus on the act of building. It can also be used then as a ‘Me Space’ or quiet retreat

**Puzzles:** Take time to focus on the colors, shapes, and textures. Can be done by yourself or together. Take time to breathe and pay attention to what you see, feel, and think as you do it.

**Games:** Such as 'Red light/green light,' 'Mother may I' can allow for a fun way to refocus, burn off some energy, take a break, have fun together

**Hug Bell:** a predesignated bell is placed in a location accessible by all members of the family. When someone feels like they need a hug, they ring the bell. Whoever hears comes and gives the ringer a hug. Only 2 rules need be remembered: 1. When bell is rung, ringer receives a hug. 2. No questions may be asked. The hugger may not ask why a hug is requested or what is going on. The ringer may offer up whatever they choose, but you may not *ask* for information. This is simply: bell is rung and hug is received.

**Puppets:** can be used to role play situations or discussions, to try out possible solutions to scenarios.

**Playdough: Homemade recipe**

2 cups of flour	2 cups of water (with desired color)
1 cup of salt	2 Tbsp. oil
2 Tbsp. cream of tartar	

Combine dry ingredients in a pot on the stove, add water and oil. You can add scents to the recipe by adding to their appropriate group of dry or wet ingredients (cinnamon added with the flour and salt, while vanilla added with the water and oil). Stir continuously over medium heat for approximately 3 minutes. Playdough will be done when it pulls away from the pot and sticks together. Careful! It will be hot! Let cool a few minutes before playing with it.