

BRAIN ADVENTURE GROUP

Week 4: Regulation Strategies

Video: YouTube- How to ADHD How Exercise Can Help with ADHD (and How to actually Do it)

What do you need to get done? _____

Regulation plays a key role in everything we do—at school, at home, and with friends. It helps us enjoy play, sleep well, follow through on tasks, and understand social cues to connect with others. While sleep, hydration, exercise, and nutrition are essential for regulation, there are also physical strategies that can help when we're struggling.

Try some of the ideas below, then rate them in the box from 1 (didn't work) to 5 (worked great). Remember, you are the expert on your own system! Be sure to add any of your own strategies!



Chair Pushup



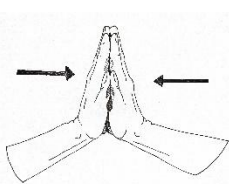
Carry something heavy



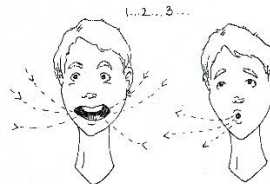
Dynamic sitting on cushion, ball or wobble stool



Use headphones



Push hands together really hard and hold



Deep breathing



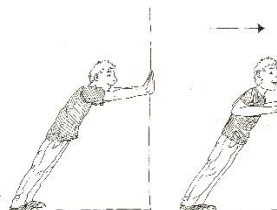
Big squeeze



Lie on your stomach to work/read



Stand to work



Wall, desk or regular pushups

WHAT WORKS FOR ME?

KEY FACTORS FOR REGULATION

- **MOVEMENT & EXERCISE:** Moving your body floods your brain with neurotransmitters that boost energy, motivation, and overall well-being. It also releases BDNF, which helps your brain grow and improves memory! Pay attention to the types of movement that make you feel good—the benefits can last 4-6 hours, improving regulation, behavior, and focus throughout the day.
- **SLEEP:** Sleep challenges are common with ADHD, and lack of sleep affects both regulation and executive functioning—especially self-control. Poor sleep can make behavioral regulation even tougher! Improve sleep habits by:
 - Setting a consistent bedtime and writing it into a daily plan to make it non-negotiable
 - Stopping screen time at least an hour before bed to make falling asleep easier
 - Creating a bedtime routine with reading, warm drinks (tea, milk—no caffeine!), calming music, or a warm bath/shower
 - Planning the next day and writing it down so your brain can relax instead of keeping you awake with reminders
- **FOOD:** Nutrition plays a key role in regulation. For better sleep, try foods rich in tryptophan, magnesium, and melatonin, like bananas, almonds, milk, tart cherries, or chamomile tea. For ADHD management, a diet high in protein, complex carbs, and omega-3s—while limiting sugar and caffeine—can improve focus and help regulate symptoms.
- **FUN:** Laughter and joy release neurotransmitters that support regulation, reduce ADHD challenges, and improve mental health. Schedule fun and self-care into your day—and write it down so it actually happens! You can also use fun activities as a reward after completing productive tasks.