

Regulating through Play An Interactive Session

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Session Outline

Understanding regulation

Playful ways to check
regulation

Sensory Play at different
ages

Let's Explore



Upper Stairs Brain



Downstairs Brain

When we are triggered, we go to our Downstairs Brain

Trauma impacts the ability to process sensory input



When thinking of Activities
Dr. Perry Bruce 6 R's of Trauma

Relational

Relevant

Repetition

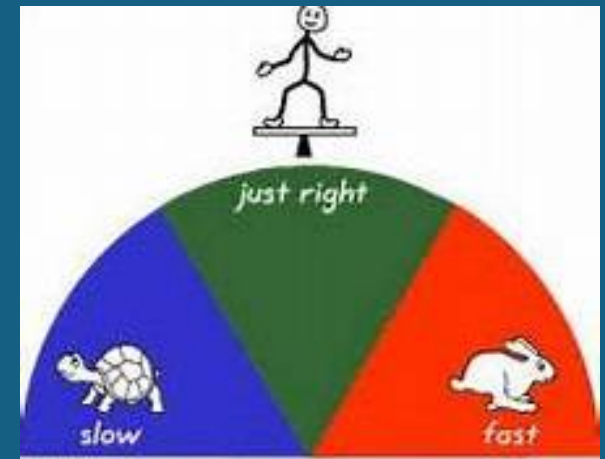
Rewarding

Rhythmis

Respectful

Regulation Check-In

- Engine plate
- Thumbs Down, Thumb to the side, Thumbs Up
- Sit, Stand, Stand with hands up



With your engine in mind Let's Play

Orange Apple Banana





Let's Breath

Bear hug

Activities that Upregulate



Exercise (Jumping,
Skipping, Running in place)



Competitive games



Exposure to increased
taste, smell, sound, lights

Activities that Downregulate



BREATHING
EXERCISES



PROGRESSIVE
MUSCLE
RELAXATION



COLORING



PLAY DOH



MEDITATION



Sensory Engagement

Taste
Sight
Hearing
Smells
Touch



Playing with Sights through development

Preschoolers (3–5 years)

Developmental Focus: Visual discrimination, visual memory, pattern recognition.

Activities:

I Spy games

Simple puzzles

Matching and sorting games (by shape, size, color)

Hidden picture books (e.g., *Where's Waldo?*)

Scavenger hunts with visual clues

Drawing and coloring activities

Ages 5-7

Early School Age (5–7 years)

Developmental Focus: Visual sequencing, figure-ground perception.

Activities:

Spot-the-difference games

Story sequencing cards

Lego or building blocks

Tangrams and pattern blocks

Maze books

Board games with visual tracking (e.g., Memory, Uno)

7-10

**Early School Age
(7–10 years)**

Focus: Visual tracking, fine motor skills, attention, visual memory.

Sight-Based Activities:

Board games like *Guess Who*, *Clue*, or *Battleship* (visual deduction)

Drawing and coloring complex scenes

Lego building sets (following visual instructions)

Optical illusion books

Seek-and-find puzzles (*Where's Waldo?*, *Highlights Hidden Pictures*)

Computer games with visual puzzles or logic challenges (age-appropriate)



11-13

Preteens (11–13 years)

Focus: Advanced visual processing, spatial awareness, strategic thinking.

Sight-Based Activities:

Jigsaw puzzles (500–1000 pieces)

Video games that require spatial navigation and planning (e.g., *Minecraft*, *Portal*, *Zelda*)

Photography or video editing

Origami or model building

Chess or strategy board games

Sketching from observation or copying geometric patterns

14-18

Teens (14–18 years)

Focus: High-level visual analysis, creativity, visual-motor integration.

Sight-Based Activities:

Digital design or photo editing software (e.g., Canva, Photoshop)

Architecture or 3D modeling tools (e.g., Tinkercad, SketchUp)

Driving simulation games (for visual-spatial response and decision-making)

Visual journaling or collage making

Film analysis or creating short videos

Complex logic games (*Sudoku, Rubik's Cube, Escape Room kits*)



Activity

Please stand

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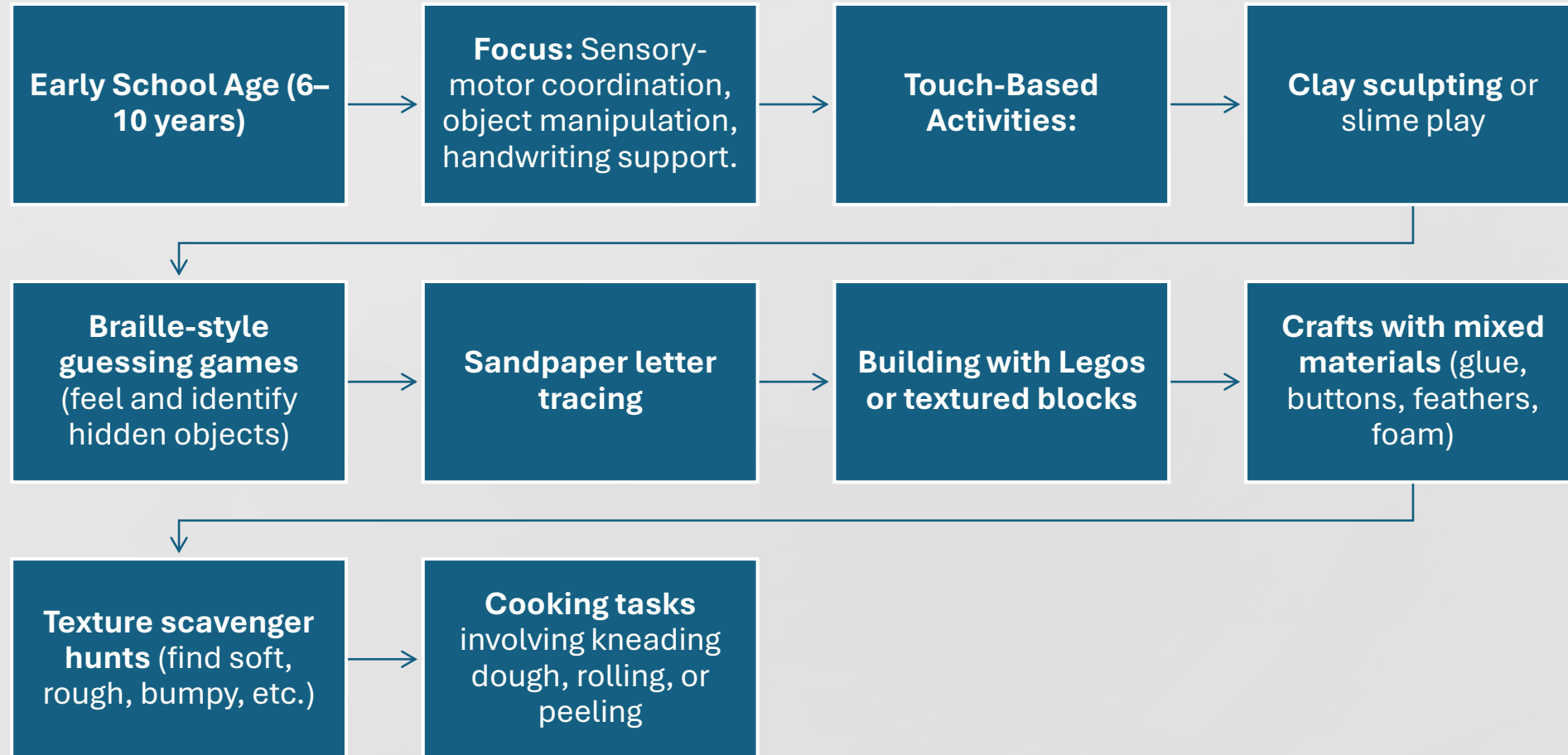
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Touch

- **Preschoolers (3–5 years)**
- **Focus:** Sensory exploration, fine motor development, texture awareness.
- **Touch-Based Activities:**
- **Playdough or kinetic sand** molding
- **Finger painting**
- **Water play** (pouring, squeezing sponges)
- **Textured sensory bins** (beans, rice, pasta, etc.)
- **Lacing cards or beads**
- **Fabric matching games** (felt, satin, rough vs. smooth)
- **Tactile obstacle courses** (crawling over mats, pillows)
- Shaving Cream

6-10



11-14

Preteens (11–13 years)

Focus: Fine motor refinement, stress relief, tactile memory.

Touch-Based Activities:

DIY crafts (sewing, friendship bracelets, model kits)

Typing or keyboard games (tactile learning for schoolwork)

Fidget tools (spinners, putty, textured balls for focus)

Origami or paper folding challenges

Science experiments (hands-on with textures: slime, baking soda/vinegar)

Sensory art (sand art, raised-line drawing)



14-18

Teens (14–18 years)	Focus: Precision, stress relief, creative expression, real-world skills.	Touch-Based Activities:
Woodworking, carving, or sculpture	Pottery or ceramics	Sewing or embroidery
DIY projects (e.g., building models, assembling furniture kits)	Massage or self-care (e.g., lotion blending, sensory grounding)	Cooking or baking with tactile steps (kneading, coating, rolling)
	Mindfulness with tactile objects (e.g., stress balls, grounding stones)	



Sound

Preschoolers (3–5 years)

Focus: Auditory discrimination, rhythm, and sound exploration.

Sound-Based Activities:

Musical instruments (simple shakers, tambourines, xylophones)

Sound matching games (e.g., matching animals with their sounds)

Singing nursery rhymes or songs with hand motions

Listening games (e.g., "Simon Says" with sound-based cues)

Sound scavenger hunts (find objects that make specific sounds)

Clapping or tapping rhythms along with songs

Storytelling with sound effects (using everyday objects to mimic sounds)



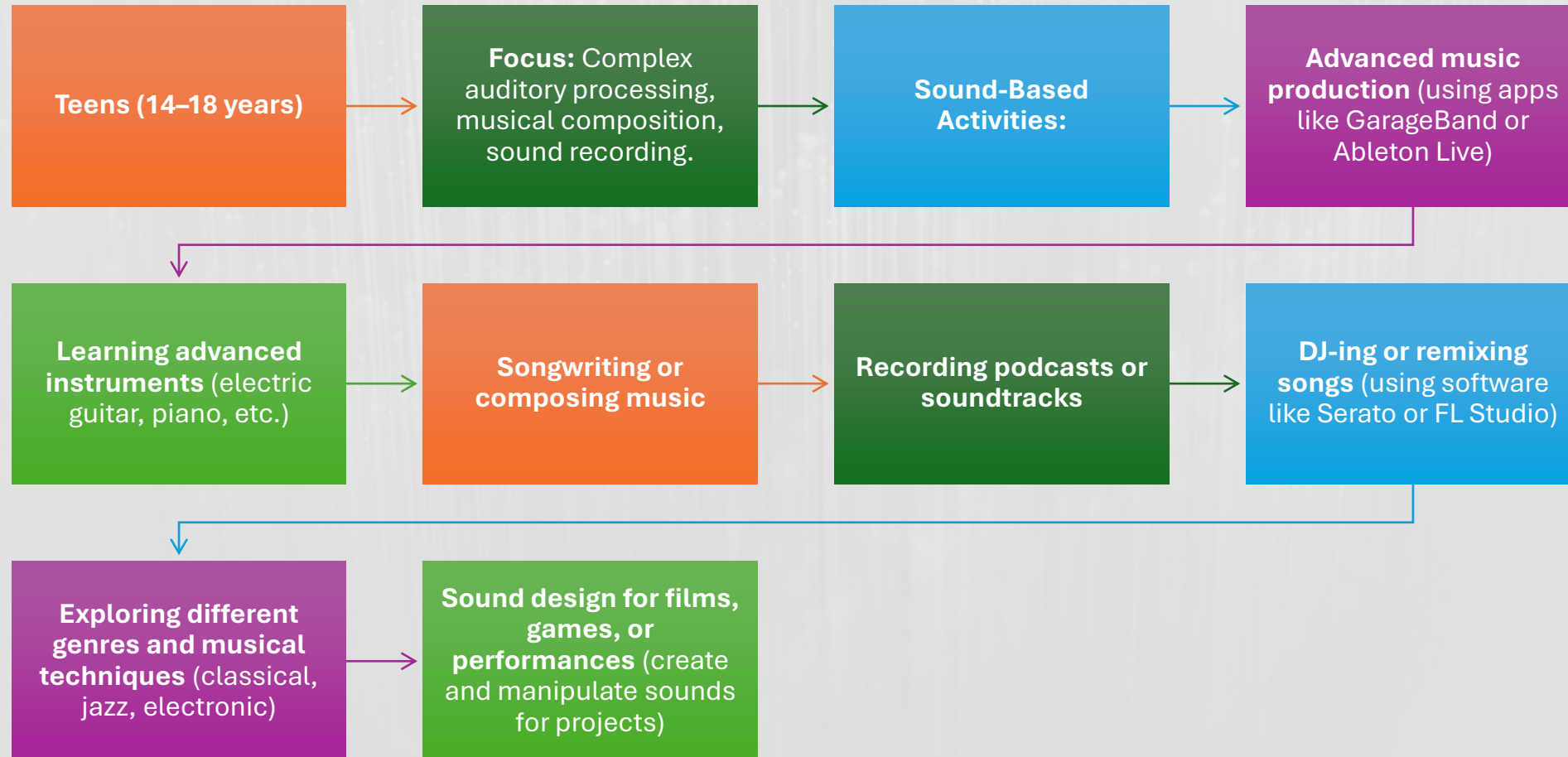
- **Early School Age (6–10 years)**
- **Focus:** Rhythmic patterns, auditory memory, sound exploration.
- **Sound-Based Activities:**
- **Making music with household items** (pots, pans, glasses)
- **Simple rhythm instruments** (drums, maracas, tambourines)
- **Echo games** (repeat rhythms or phrases)
- **Musical chair games** (listening for the music to stop and respond)
- **Sound sorting** (identify soft, loud, fast, slow sounds)
- **Listening to different genres of music** and discussing the sounds
- **Singing in a group or chorus** (with simple songs and call-and-response)

11-13

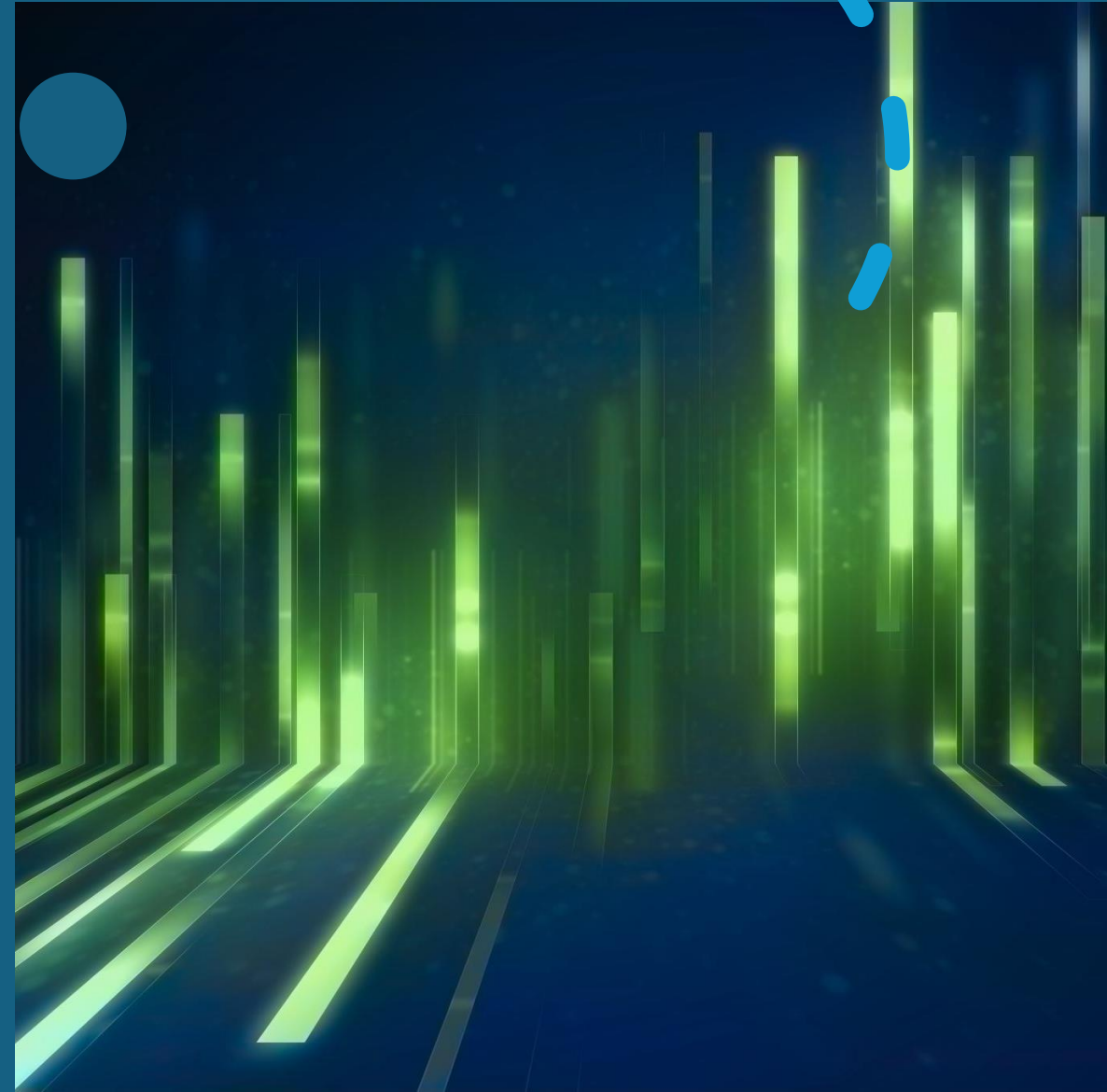
The slide features several decorative elements: a large dotted circle on the left side, a vertical dotted line on the far left, and a series of horizontal dotted lines in the top right corner.

- **Preteens (11–13 years)**
- **Focus:** Pitch, tone, melody, auditory sequencing, music appreciation.
- **Sound-Based Activities:**
- **Learning a musical instrument** (keyboard, guitar, or drums)
- **Exploring music apps** (create beats, sound loops)
- **Listening to and analyzing songs** (discuss rhythm, tone, tempo)
- **Rhythm challenges** (clap, snap, or tap out complicated patterns)
- **Sound effects for video creation** (use apps or create sounds for videos)
- **Sound quizzes** (identify animal sounds, environmental sounds, or instruments)
- **Creating sound collages** (using different instruments or voice recordings)

14-18



General Taste based play for all ages



Let's talk about how taste help us regulate.

- Hydration
- Sucking or Chewing - Helps with Calming
- Crunching – helps with feeling alert
- When a child or adult is hungry or thirsty they have trouble regulating their bodies

General smell-based play activities for all ages



Scent walk: Go on a walk outdoors or in nature and encourage children to notice the smells around them (flowers, grass, trees, water, etc.).



Scent jar mystery: Place different scents in jars (such as herbs, flowers, or fruits) and have everyone guess the scents blindfolded.



Essential oil diffuser play: Experiment with different scents in an essential oil diffuser and discuss how each one makes them feel (calm, energized, happy).



Flower pressing with scent: Press flowers and leaves, then rub them on paper or fabric to release their scent and create a scented keepsake.



Senses as ways to relate to others

- Food – Cultural and community
- Sight – attachment
- Smell – Safety
- Touch- Connection
- Hearing – Communication
- Proprioception- relationship
- Vestibular – co-regulation

Ways to help a client regulate



BEING AWARE OF YOUR
TONE AND VOICE LEVEL



LIGHTING IN YOUR OFFICE



PROVIDING SNACKS OR
WATER



PRACTICING BREATHING
AND MINDFULNESS
ACTIVITIES (SMELLING THE
SOUP)



HAVING OBJECTS SUCH AS
FIGDETS, WEIGHTED
BLANKETS OR HELP TO SELF
SOOTH THROUGH TOUCH.

Questions

Thank you!

