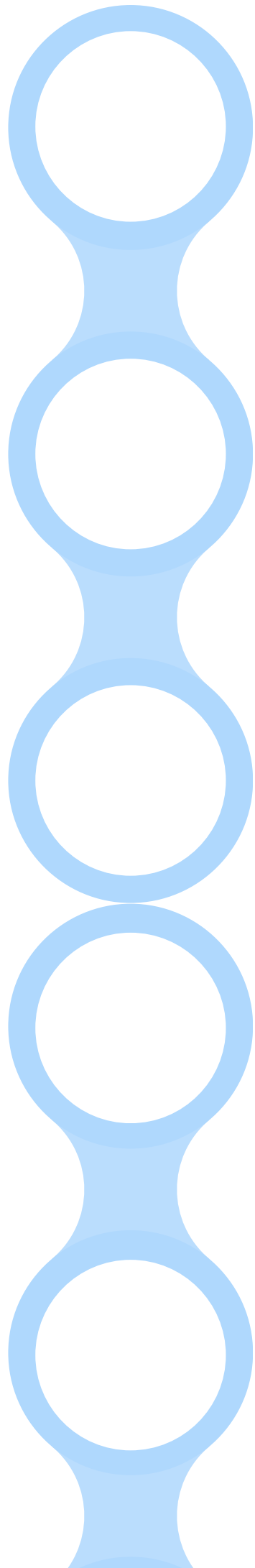


Teacher Reset Reminder

Model it... so your little learners can learn it.

You can't pour from an empty cup. Take the pause you matter too.



Take 3 deep
breaths

Ground your
feet, feel the
floor

Name how
you're feeling

Choose one calm
action (stretch, sip
water, step away)

Return when
you feel ready



Sensory & Art-Based Regulation

Sensory Bottles

*Use during transitions or when a child needs a calming reset
Watch, shake, breathe, refocus*

Play-dough / Clay

*Helps release tension and supports fine motor calming
Great for quiet centers or calm-down spaces*

Drawing & Doodling

*Supports emotional expression and focus
Offer open-ended drawing time*

Sensory Bins

*Encourage exploration and grounding
Rice, beans, sand, water play*

Calm Down Corner Materials

*Tools for self-regulation
Soft items, visuals, sensory tools*

Remember...

- Regulation comes before expectation
- Movement can energize or calm
- Sensory experiences help children feel safe
- Belonging grows through shared experiences



Movement-Based Regulation

Barefoot Outdoor Play

Engages the senses through touch and grounding

Grass, sand, pavement (safe surfaces)

Nature-Based Sensory Movement

Movement + sensory exploration combined

Feel leaves, pick up sticks, touch different textures

Encourages curiosity and grounding

Water Play (Indoor/Outdoor)

Combines movement and sensory input

Pouring, splashing, scooping

Regulates and engages the body

Animal Walks with Sensory Focus

Movement with body awareness

Bear crawl (hands/feet pressure)

Crab walk (balance + strength)

Movement Transitions with Sensory Input

Add sensory awareness to everyday movement

“Stomp like an elephant” (heavy work)

“Tiptoe quietly” (body control)

Dance & Freeze Activities

Movement + listening + body control

Move freely, then pause and notice your body

Remember...

Sensory isn't just something children do at a table...

It's something they experience through their whole body



My One Takeaway

One strategy I will try:

Who will this support?

When will I use it?



Remember...

Small moments create big change.