



FSE Regulation Strategies

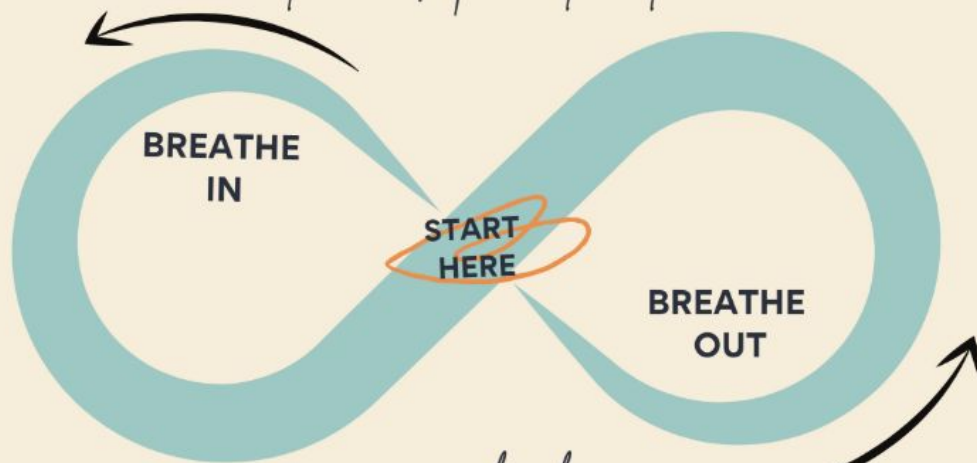
~ May ~

Strategy #1



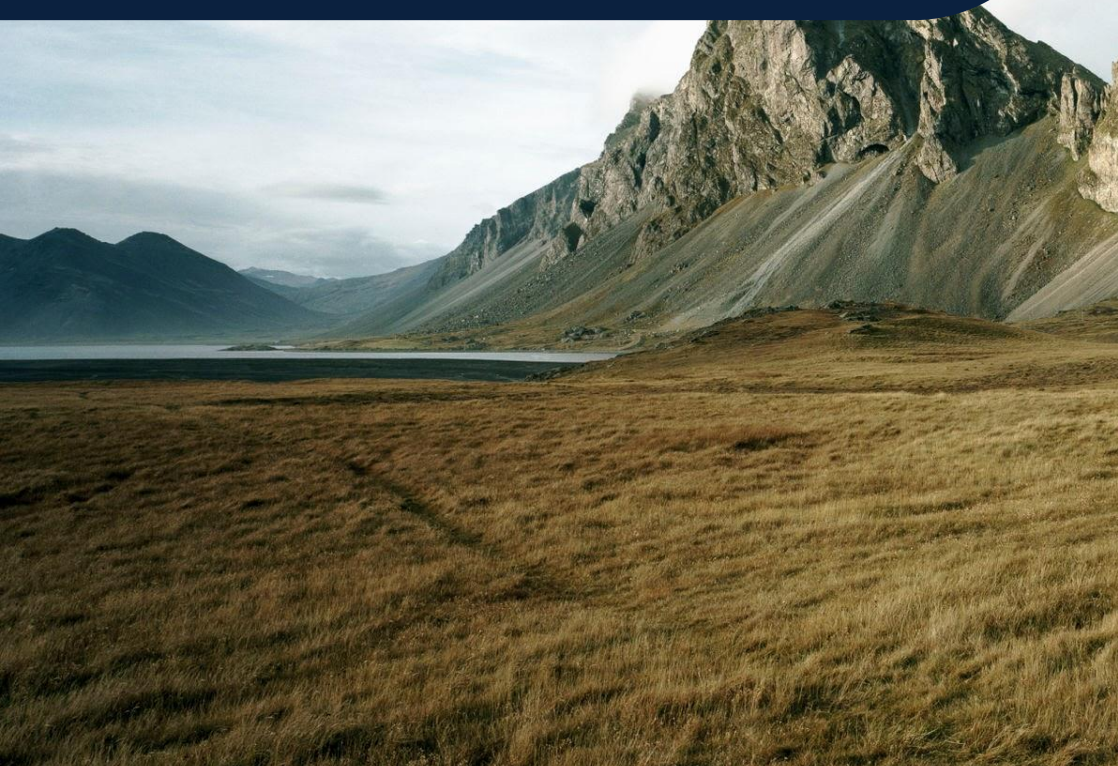
INFINITY BREATHING

*trace with your finger,
take a deep breath in,
take a deep breath out...*

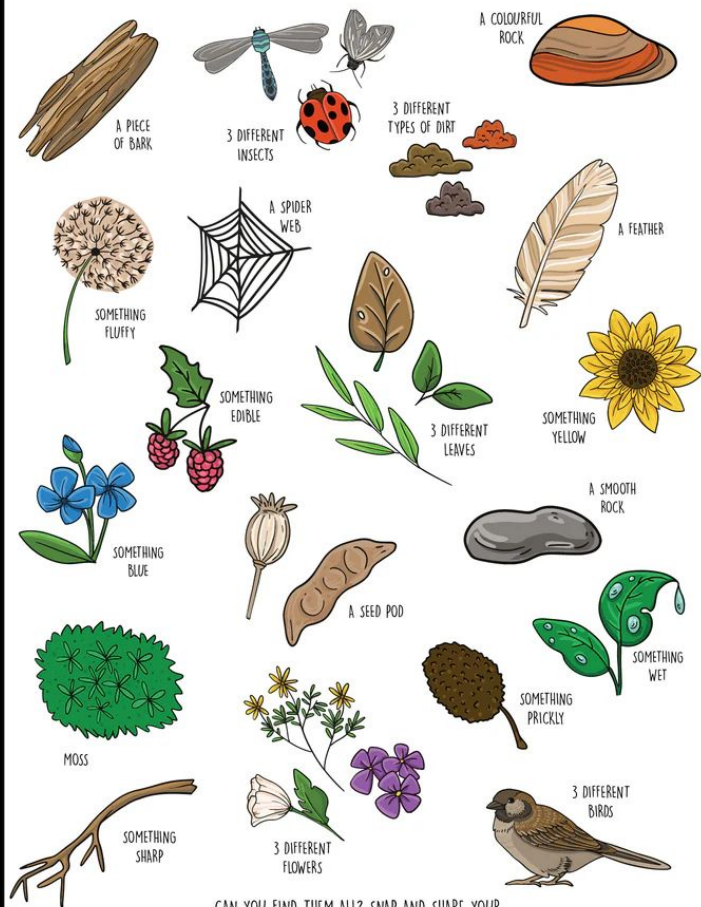


*go slowly
continue until you feel calm*

Strategy #2



NATURE SCAVENGER HUNT



CAN YOU FIND THEM ALL? SNAP AND SHARE YOUR ADVENTURES WITH US ON FACEBOOK OR INSTAGRAM!

#THERMOUTDOOR @THERMOUTDOOR

Strategy #3

5 Garden Meditations



walk barefoot
walk slow
listen to your feet



sit in silence
observe the light
the stillness & the play



close your eyes
imagine your garden
based on the sounds you hear



breathe slow
breathe deep
stay with your breath



feel the breeze
feel the sun
soak it in



GRATITUDE JOURNAL

Date: _____

3 Things I'm grateful for today

- _____
- _____
- _____

Today I feel

😊	😄	😊	😊	😞	😞	😊
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 Things I learned today

- _____
- _____
- _____

Something I'm proud of today

- _____
- _____
- _____

Strategy #4