

APPENDIX 1

I Caught You Calm!

This chart can improve your child/student's willingness and motivation to utilize strategies, breaks, and tools learned throughout this book by combining independent and efficient use (that is, the utilization of the strategy yielded a positive and observable change in their behavior) with a pre-determined token reinforcement. "Catch" your child or student calm and engaging in these strategies, and even the star cut-out (on page 94) combined with your praise and enthusiasm should yield positive results! Examples of a token reinforcement can be as simple as five extra minutes on the playground, or a trip to the ice cream store!

You will need:

- ★ Velcro dots
- ★ Ziploc Bag
- ★ Scissors

To get the most use out of this chart, laminate it or cover it with contact paper. Cut out the **Anywhere Body Breaks, tools,** and **Big Body Break** choices on page 94. Put the squares into a Ziploc bag, and place the Ziploc bag in a place that is easily accessible. Put soft or scratchy Velcro dots on the back of the cut-out **Anywhere Body Breaks, tools,** and **Big Body Breaks.** Put three to five dots of the opposite texture on the chart, next to the items: **Body Break/Tool Choices,** and **Stars.** (So if you put scratchy dots on the back of the **Anywhere Body Breaks, tools,** and **Big Body Breaks** cut-outs, place soft dots on the chart). Make a collaborative decision with your child/student regarding which strategy/exercises he or she feels would be most effective in keeping them feeling **Just Right.** Place the chart in a visible location, as a reminder to them not only about what strategies to use, but also the progress they have made in terms of how many stars they have earned and the reward they are working towards.

Alternative: If you do not want to cut out all of the strategies, and you feel like the child can simply follow a written or drawn visual next to the labeled items, drawing the strategies and stars on the laminated chart can work just as effectively!

I Caught You Calm!

I Did Body Breaks and Used Tools to Make Myself Feel Just Right ON MY OWN!

Child: _____ **Reward:** _____

Body Break/Tool/Strategy Choices:

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Stars:

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Child: _____ **Reward:** _____

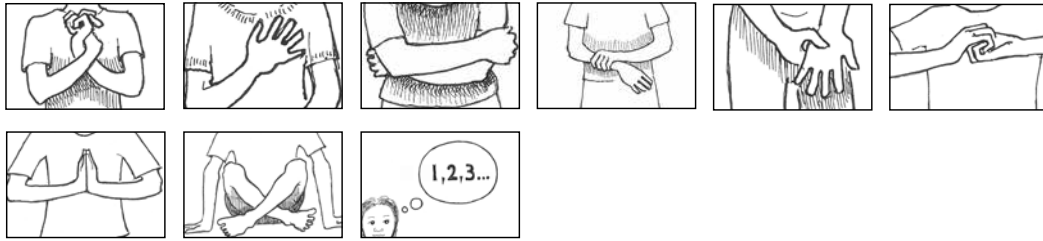
Body Break/Tool/Strategy Choices:

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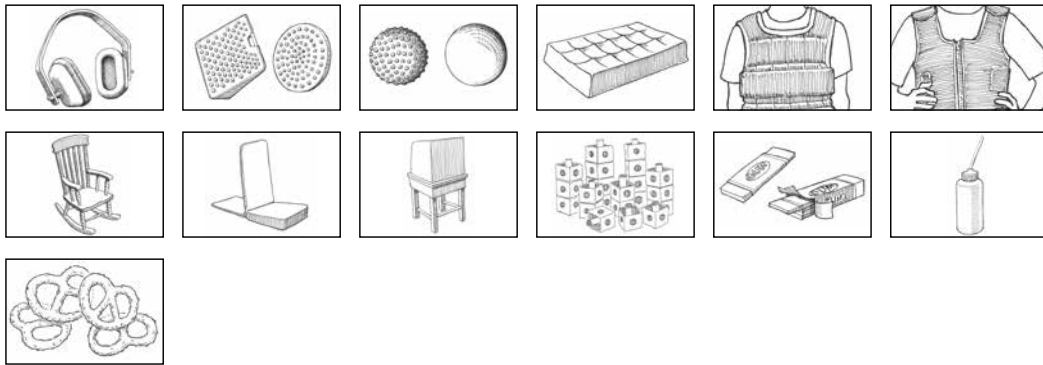
Stars:

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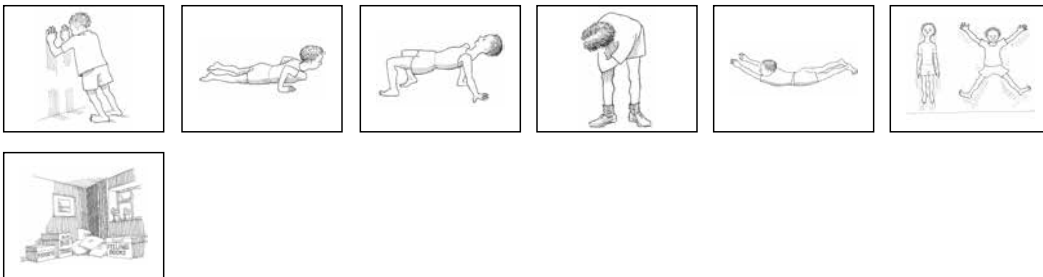
Anywhere Body Breaks (Pictures):



Tools (Pictures):



Big Body Breaks (Pictures):



Stars:





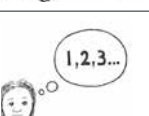


APPENDIX 2

Self-Monitoring Checklist

Directions for use: This tool further helps kids label their feelings, and then provides them with a way to act on them. It uses the language learned in this manual and reinforces it through quick visuals. You can laminate the pages provided, punching a hole through them and clipping them together for improved durability and easy access; additionally, if you laminate the pages, your child can write on them, and re-use them over and over again. Make sure to look out for symbols to give you a clue for how these strategies can help!










Lauren's Self-Regulation Menu of AWESOME Anywhere Body Break Appetizer Choices

Anywhere Body Break	Picture	Choice (Check Off as many as you need to feel Just Right)
Arm-Pretzel		
Bubble Breath		
Give Myself a Hug		
Arm Massage		
Hand Massage		
Finger Pull		
Palm Push		
Seat Push-Up		
Count to Ten		





Did You Use Your Tools the Correct Way? Circle the **Just Right** Check Once You Do! ✓

Do You Feel **Just Right**? Circle the **Just Right** Smiley Face When You Do! 😊

Lauren's Self-Regulation Menu of AWESOME Tool Appetizer Choices

Tool	Picture	Choice (Check Off as many as you need to feel Just Right)
Noise-Reducing Headphones		
Cushion (Wedge or Disc)		
Fidget (Textured or Firm)		
Weighted Lap Neck Pad		
Weighted Vest		
Compression Vest/Clothing		
Rocking Chair		
Back Jack Chair		
Desk Correl		





cont.

Tool	Picture	Choice (Check Off as many as you need to feel Just Right)
Manipulatives		
Gum		
Water Bottle with a Straw		
Crunchy Snacks/Sour or Spicy Flavors/Cold or Frozen Foods		

Did You Use Your Tools the Correct Way? Circle the **Just Right** Check Once You Do! ✓

Do You Feel **Just Right**? Circle the **Just Right** Smiley Face When You Do! 😊

Lauren's Self-Regulation Menu of AWESOME Big Body Break Dessert Choices

Big Body Break	Picture	Choice (Check Off as many as you need to feel Just Right)
Wall Push		
Army Crawl		
Crab Walk		
Cross-Crawl		
Superman Pose		
Jumping Jacks		
Taking Space		

Did You Use Your Tools the Correct Way? Circle the **Just Right** Check Once You Do! ✓




Do You Feel **Just Right**? Circle the **Just Right** Smiley Face When You Do! 😊

APPENDIX 3

Label That Feeling! Pocket Chart

Directions for use: This tool further helps kids label their feelings, and then provides them with a way to act on them. It uses the language learned in this manual and reinforces it through quick visuals. This tool is small, so can be easily put into a child's pocket throughout the school day (especially times of difficulty, such as recess, lunch, trips to the dentist or other less structured and high-level sensory times). You can laminate it for improved durability; additionally, if you laminate this card, your child can write on it, and re-use it over and over again.

Label That Feeling!

<i>I Am Feeling...</i>	<p>Slow and Tired</p> 	<p>Fast and Emotional</p> 	<p>Fast and Wiggly</p> 
<i>I Need...</i>	<p>An Anywhere Body Break</p>	<p>A Tool</p>	<p>A Big Body Break</p>
<i>I Need...</i>	<p>Help From a Grown-up</p>	<p>To Use My Words</p>	<p>Other:</p>
<i>I Need...</i>	<p>Medical Help</p>	<p>My Sensory Manual</p>	<p>Other:</p>

APPENDIX 4

At a Glance: Resource Charts

So, sometimes as a helpful grown-up (whether you are a family member, teacher, or therapist), having a “cheat sheet” is not only helpful but necessary, whether you have one or ten children, and they are having difficulty regulating their bodies, emotions, or both. Using the “Some Important Information about the Major Sensory Systems” section should give you more information to help you determine whether your child is feeling: **Slow and Tired, Fast and Emotional, or Fast and Wiggly** (or a combination!). Through consistent use of this manual, your child should become a better judge of their own regulation states. Until then, use these quick-tip sheets to assist you to help get your child to feel **Just Right** and in control!

At a Glance: Slow and Tired



Arm-Pretzel		Bubble Breath	
Give Myself a Hug		Arm Massage	
Hand Massage		Palm Push	
Seat Push-Up		Cushion	
Fidget (Textured or Firm)		Gum (especially minty flavors)	
Back Jack Chair		Crunchy Snacks/ Sour or Spicy Flavors/Cold or Frozen Foods	
Water Bottle With a Straw		Cross-Crawl	
Compression Vest/Clothing		Crab Walk	
Army Crawl (especially crossing arms)		Wall Push	
Superman Pose (especially with arms crossed)			

At a Glance: Fast and Emotional



Bubble Breath		Give Myself a Hug	
Arm Massage		Hand Massage	
Finger Pull		Palm Push	
Seat Push-Up		Count to Ten	
Firm Fidget		Lap Pad	
Compression Vest/Clothing		Weighted Vest	
Manipulatives		Gum	
Water Bottle with a Straw		Taking Space	
Rocking Chair		Army Crawl	
Superman Pose		Wall Push	

At a Glance: Fast and Wiggly



Arm-Pretzel		Give Myself a Hug	
Bubble Breath		Arm Massage	
Hand Massage		Finger Pull	
Palm Push		Seat Push-Up	
Count to Ten		Cushion	
Firm Fidget (or Velcro)		Lap Pad	
Weighted Vest		Compression Vest/Clothing	
Rocking Chair		Manipulatives	
Gum		Water Bottle with a Straw	
Taking Space		Wall Push	
Army Crawl		Superman Pose	
Crab Walk		Cross-Crawl	

APPENDIX 5

Sum it Up Page

This is a quick-reference guide that can be photocopied and placed in a calm-down area, in a homework or classroom work area, or anywhere that you want a child to have quick reminders of major points learned from this manual.

Sensory Manual “The Kid’s Guide” Page

1. You always start with **Anywhere Body Breaks**. If that’s not enough, you try a **tool**. Finally, the last strategy is a **Big Body Break**.
2. **Big Body Breaks** should last no more than two to three minutes. Ask a helpful grown-up if you need help with timing.
3. Fidget Rules: Eyes on your teacher, fidgets always stay in your hand (they are not toys!); textured fidgets wake you up, and firmer fidgets calm you down.
4. These strategies work if you choose which exercises feel **Just Right** and you do them the right way.
5. It is important to remember to do these exercises and strategies the right way (not too fast, not too slow, and with a good amount of pressure). Remember the pizza versus chicken nuggets example!
6. Generally, if you are feeling **Slow and Tired** (and want to wake your body up), your body break movements should be fast and short.
7. Generally, if you are feeling **Fast and Emotional** or **Fast and Wiggly** (and want to calm your body down), your body break movements should be slow and with more firm pressure.
8. The more you do these breaks yourself without reminders, the quicker you’ll feel **Just Right**.
9. Always ask an occupational therapist, teacher (or your parent, family member, or other helpful grown-up) if you have any questions about feeling **Just Right**.