Start of SEL lessons self-regulation strategies:

1. Meditation
   1. ND-friendly meditation (e.g. allowing movements, focus on repetitive movements)
2. Stimming of choice
   1. Visual
   2. Auditory
   3. Vocal
   4. Movement
   5. Touch
   6. Stim toys
3. Mindfulness practices
   1. [Savoring](https://positivepsychology.com/savoring/) → documenting/noticing/attending to the small moments throughout the day that make you feel alive/joyful/etc.
      1. Help shift our perspective to finding the small joys
      2. Fosters optimistic thinking
4. Doodling/drawing
   1. [Draw the breath](https://www.youtube.com/watch?v=y6LMuv21_4M)
   2. [Mindful doodling](https://www.youtube.com/watch?v=3byMFNp5vYY)
   3. [Mindful drawing workshop](https://www.youtube.com/watch?v=WeeWcPFB8j8)
5. Writing
6. Breathing patterns/exercises
7. Gratitude reflections
8. Emotion check-in
   1. Do we need to:
      1. experience emotion (~90 seconds, less if not tolerable)
      2. Identify emotion
      3. Self-soothe → self-regulation strategies
      4. Co-regulate → regulate with a trusted person
9. Exercise/physical movement

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