



# Regulation Tools Checklist

Check the strategies that work for you.

- Invite them to slow down and take a breath.
- Give them choices like, "Where would you like to sit?"
- Use a soft tone of voice and soft facial expression.
- Ask them if they want to move around or get a drink a water.
- Take a breath with them and model ways to settle.
- Invite them to rub their hands together or cross their arms over their chest and either pat, rub or squeeze their upper arms, and do this with them.
- Offer ear plugs or heavy pillows to help calm their system.
- Take a step back to give them more space.
- Make an empathy statement.
- Get down on their level, so that you appear less intimidating.
- Encourage them to take all the time that they need.
- Let them know that it's OK to shake or tremble and encourage them to let that energy just move on out of their system.
- Reassure them that you are there to help and ask them how you can help.
- Help them orient to something else – something that is relaxing or cheerful, like a poster or mural with nice colors, or an interesting object.
- First, slow down, take a breath, check your internal state, put on your oxygen mask, get yourself grounded, and feel your feet on the floor.

Downing, K., Walker, M., Khan, A. *Trauma training facilitator's tool kit*. August 2016. Communities In Schools Central Texas.