

Resources accompanying Self-Regulation in Everyday Life:

ILLUSTRATION – Major features for describing objects

ILLUSTRATION – Major parts of well-structured stories

ILLUSTRATION – Stop and Go signs

ILLUSTRATION – Turtle Breathing

ILLUSTRATION – Yoga positions

MATERIAL – Designing a yoga program

MATERIAL – Executive Function survey

MATERIAL – Games for practicing self-regulation

MATERIAL – Language of spark(cue cards

MATERIAL – Household tasks

MATERIAL – Likes and dislikes survey

MATERIAL - Selected songs and rhymes for Behavioral/Body Self-regulation

RESOURCES - Commercially available apps, books and materials

RESOURCES - Storybooks coordinated with target areas

TEMPLATE – Happy thought bubble

TEMPLATE - Shield