



Outside the Box: *Calming the Chaos*

May 19, 2023



Presented by:



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come to the present moment by:

saying out loud 5 things you can see

touching 4 things near you and describing how they feel

saying out loud 3 things you can hear

saying out loud 2 things you can smell

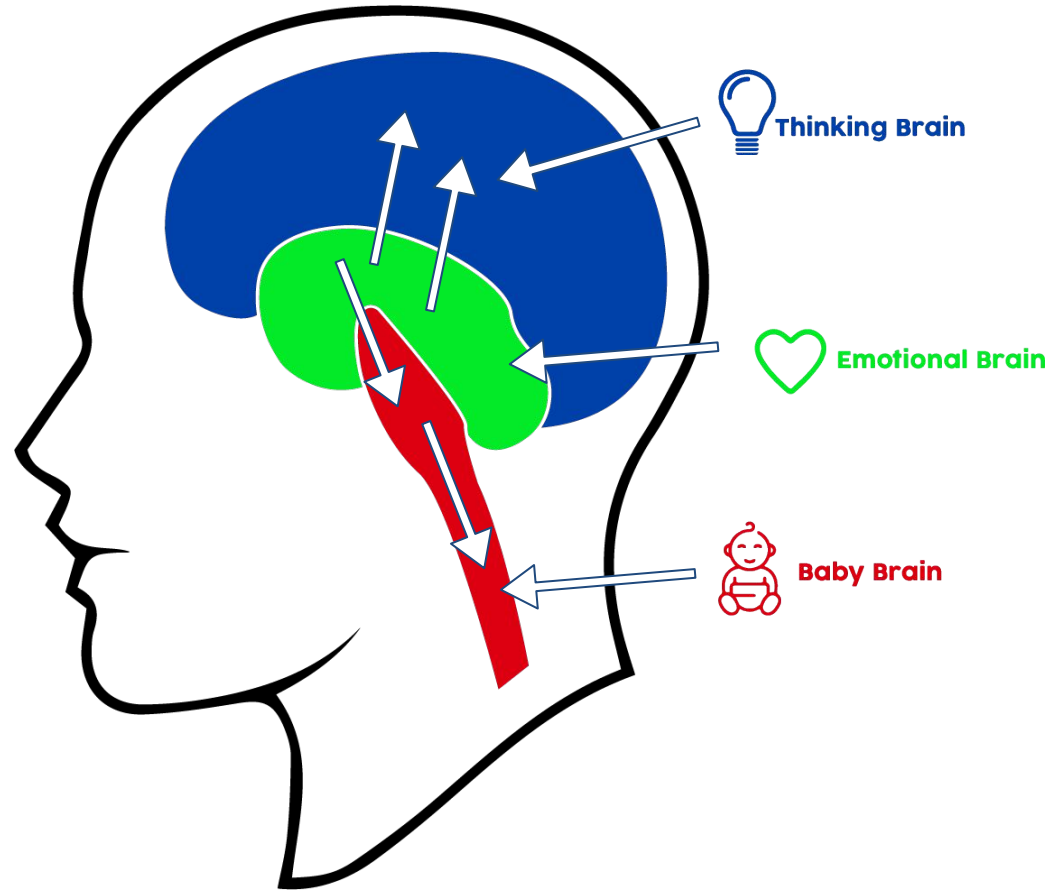
rolling your tongue in your mouth & naming 1 thing you can taste



The Five Senses

Mindfulness Activity

The Three Parts of the Brain



Safe, Connected and Present



Self-Regulation and Co-Regulation

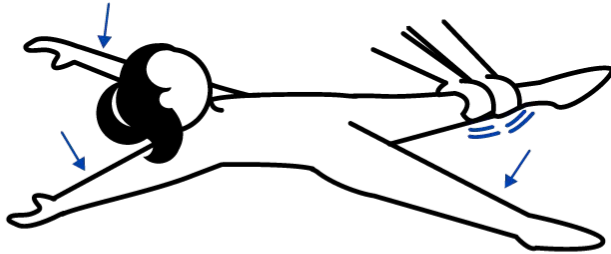
What's the difference?



Benefits of Movement



Movements to Feel Safe

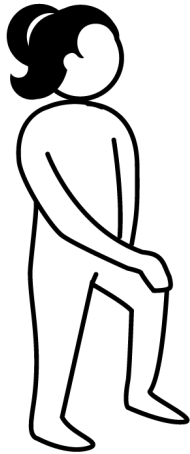


Squeezies



Hugging and
Rocking

Movements to Feel Connected

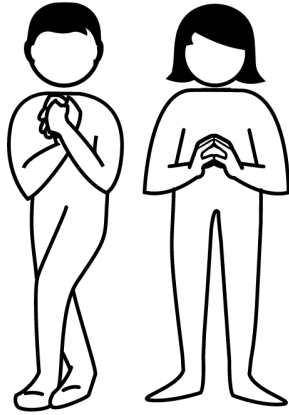


The Cross Crawl*



Push Game/Push Claps

Movements For Mindfulness



Hook-Ups*



The Slow Down Trick



Connections?

Questions?

How to Find Us



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