



103

---

---

---

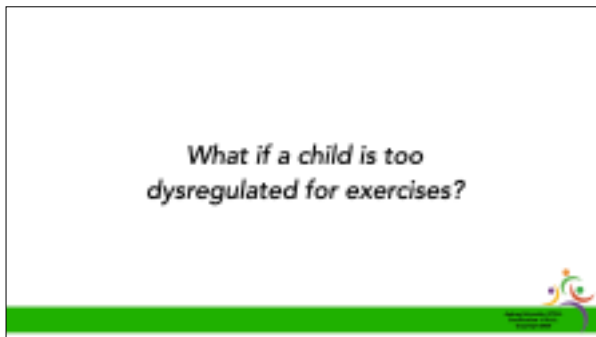
---

---

---

---

---



104

---

---

---

---

---

---

---

---



105

---

---

---

---

---

---

---

---



106

---

---

---

---

---

---

---

---



107

---

---

---

---

---

---

---

---



108

---

---

---

---

---

---

---

---



## Managing Your Arousal

Rhythm, Pressure, Respiration

- Take Space/Give yourself a time out (decrease sensory stimulation)
- Find a "cozy space" or calming activity
- Breathe
- Track your body sensations
- Butterfly taps




109

---

---

---

---



---

---

---

---

## Fostering Optimal Arousal in Your Child

110

---

---

---


---

---

---

---


---



## Calming Your Child

Rhythm, Pressure, Respiration

- Find a "cozy space" or calming activity
- Breathe/Use blow toys
- Progressive Relaxation
- Count Backwards in rhythm

111

---

---

---

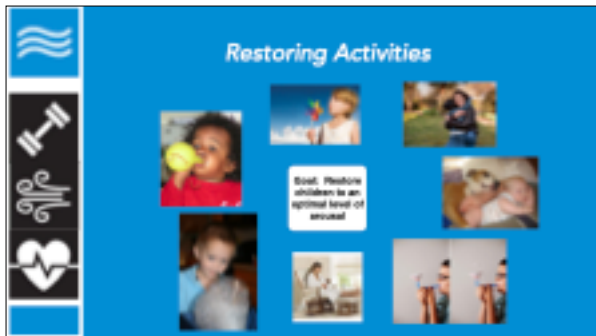
---

---

---

---

---



112

---

---

---

---

---

---

---

---



113

---

---

---

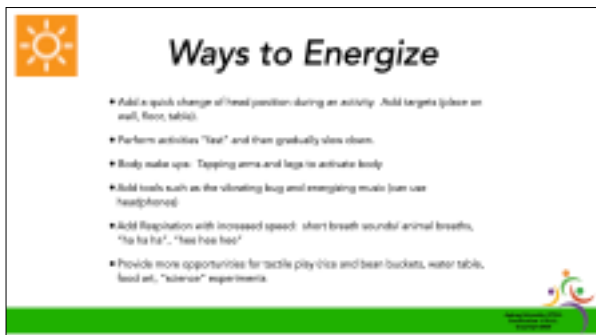
---

---

---

---

---



114

---

---

---

---

---

---

---

---

*Find the Right Tools: Exploration*



*Build Sensational Self Awareness*

[illegible]



118

---

---

---

---

---

---

---

---

---

---



119

---

---

---

---

---

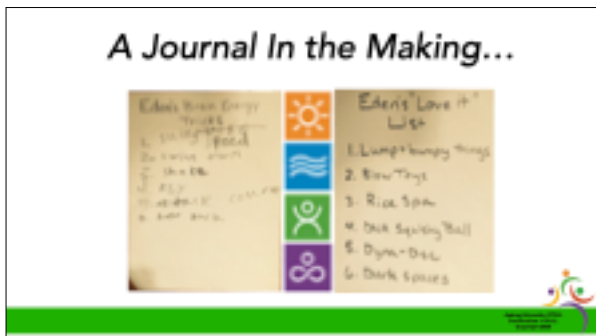
---

---

---

---

---



120

---

---

---

---

---

---

---

---

---

---

### Self Awareness in Adolescents

- What wakes me up and gets me ready for the day?
- Do I need to calm down because something important is happening that day? (Testing/Assembly)
- How much can I handle and when do I need to regroup?
- Do I need certain Apps blocked or phone reminders/alarms?

121

---

---

---

---

---

---

---

---

### Talk Self Awareness, Not Self Control

"It looks like your body is having trouble slowing down, what do you think you need to help you concentrate"

"I know when I have trouble getting up in the morning, it always helps me get energy when I..."

122

---

---

---

---

---

---

---

---

### Acknowledge their Efforts

"I know you are trying your best but it looks like your body is having trouble keeping still. Do you need to..."

"I love how you tried to use...strategy on your own to help you concentrate"

"You are working really hard, but it looks like your eyes might need a break. Why don't you..."

123

---

---

---

---

---

---

---

---