


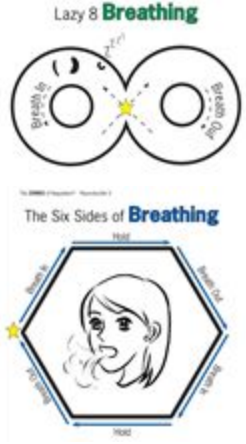


Item	How It Helps	Notes
	<p>Calms hands.</p> <p>Focuses brain.</p>	<p>These types of tools are helpful when your brain is thinking about many different things at once or your thoughts are distracting you from learning. If your brain needs help to focus, you can lay the rubber bands out on a flat surface and visually sort them by color as you put them on the ring. When your brain is focused on one task, getting the like colors on the ring in order, it is like a “workout” or practice for focusing on one thing. The rubrics cube can also be helpful to focus your brain in the same way!</p>
	<p>Calms body.</p> <p>Focuses brain.</p>	<p>Bean bags, bean filled gloves or socks, or even stuffed animals can be used in a lot of different ways. These all require using up some energy in your body and some (the balance ones!) require your brain to really focus!</p> <ol style="list-style-type: none"> 1. Squeeze 2. Toss from hand to hand gently 3. Bunch it up and flatten it back out 4. Put it on the back of your hand, hold your arm up directly in front of you and keep the bean bag balanced on your hand 5. Sit with feet in front of you, balance bean bag on top of your foot, lift and lower

<p>Use things you may have around the house that do not take any prep work:</p> <ul style="list-style-type: none"> ● Twist ties from bread or other packaging ● Rubber bands. ● Bendy, flexible straws. ● Bubble wrap ● Paperclips chained together or with beads 	<p>Calms hands.</p> <p>Calms brain.</p>	<p>This tool is helpful if your hands are feeling fidgety. It is soothing because it is repetitive and helps to get rid of some “nervous energy.” The repetitive nature of this tool helps to calm the brain down from thinking negative thoughts or having a lot of thoughts at one time.</p>
	<p>Uses up energy.</p> <p>Calms body.</p> <p>Calms brain.</p>	<p>If you have a lot of energy squeezing can use up some of the energy. Try squeezing the stress ball as tightly as you can for 10 seconds (or more if you have a lot of energy). Try to focus on squeezing it with the same amount of tightness as when you started the whole 10 seconds. If you are low on energy, try doing quick, repetitive squeezes. This can give you some energy by pumping the blood to your muscles and brain!</p>
	<p>Calms body.</p> <p>Calms brain.</p> <p>Focuses brain.</p>	<p>Taking breathes that are the same length in and out helps to calm our brain and body. The tracing of the figure 8 allows us to cross our midline, which calms our brains down too. The six sides of breathing helps to calm heart rate, clear you mind, and regulate your breathing. If you are having trouble focusing, if you are upset or feeling a lot of emotions, this can be a helpful tool in calming your brain down.</p>