



Learning Services

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Key Principles for Up & Down Regulating

<i>“Calming/Organizing”</i>	<i>“Alerting/Waking Up”</i>
Move slowly (yoga, walking around school)	Move quickly (tag, dance break)
Keep it simple (breathing, isometrics)	Move in more complicated ways
Keep it predictable (routine, visuals, timer, favourites)	Move in unpredictable ways & change up activities frequently
Long duration & fewer activities	Short duration & more activities
Linear Swinging/Movements	Spontaneous, unexpected, novel
Quiet/Less busy Environment	Spinning/Erratic Movement Patterns
Safe, calm & familiar adult/peer	Safe, friendly & adventurous adult/peers