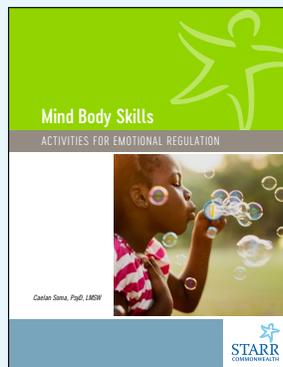
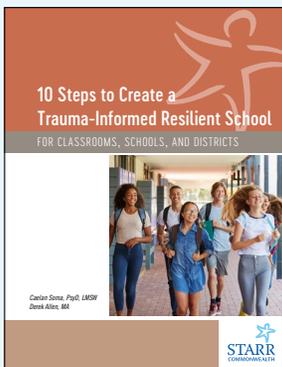


—Teacher’s Guide—

CO-REGULATION



This week’s co-regulation activities are from Starr’s [Mind Body Skills course](#) and [Trauma-Informed, Resilient Schools course](#), available online or at your location, and the books, “[10 Steps to Create a Trauma-Informed Resilient School](#)” and “[Mind Body Skills](#).”

Welcome!

Start teaching breathwork and movement activities to children and then practice them on a regular basis. The goal is for them to easily engage in breathing or movement changes when they need help regulating their emotions or behaviors. The more they practice, the easier it will become for them to call upon these resources during uncomfortable or overwhelming situations.

Activity included in this guide:

- Simple Breathing Meditation

More co-regulation resources are just a few clicks away! Learn more and begin your trauma-informed journey at starr.org/co-regulation.

Breathing and Movement Activity for Ages 6-12



Simple Breathing Meditation

Directions:

- Begin by sitting comfortably, balanced, and relaxed (if seated in a chair, feet on the ground). Breathe easy and from the abdomen/"belly breathing" (not chest breathing). Practice a few deep breaths.
- Rotate the head in easy, slow circles; change direction and rotate in slow, easy circles. Look up; tilt your head back. Look down; put your chin on your chest.
- Drop your arms and hands to the side and shake them gently and easily.
- Raise your feet off the floor and gently and easily shake the knees.
- Straighten your spine.
- Repeat several times.