

Co-regulation Toolkit Materials List

Breathing strategies

- Hoberman sphere
- Deep breathing rainbow
- Breathing strategies cards (bear, puppy, dandelion, etc.)

Mindful movement

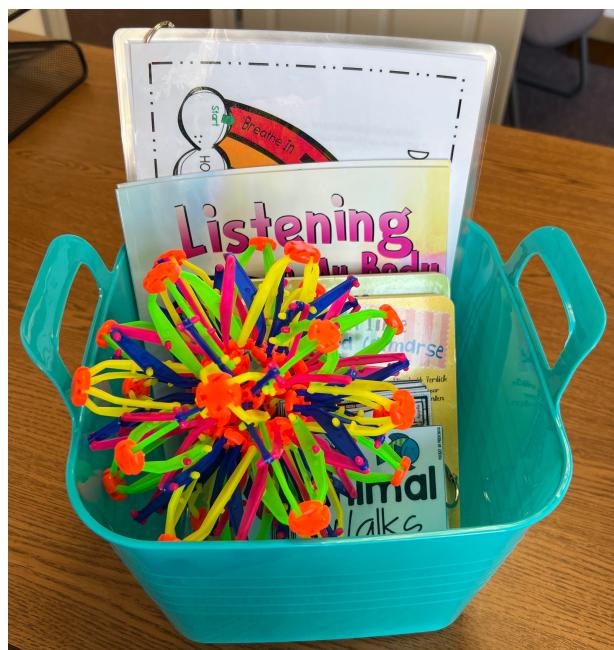
- Yoga pose cards (set #1 and set #2) with instructions
- Animal walks cards

Books

- Listening to my Body (English and Spanish versions)
- Calm-Down Time (bilingual version)
- Listen Like an Elephant (English version)

Lesson plans/teacher materials

- Introduction letter (English and Spanish)
- Quick Tips reference sheet for using breathing and movement throughout the daily routine (English and Spanish)
- Listening to my Body lesson plan outline (English and Spanish)
- Listen like an Elephant lesson plan outline (English and Spanish)
- Calm-Down Time lesson plan outline (English and Spanish)
- Instructions for using Yoga Cards in the classroom (English only)



Note: These materials were developed for a specific population by teacher request to use within inclusive preschool classrooms. They are specific to the needs, structure, and requests of the development site.