



# Energy and emotional regulation tools for children and young people

This printable set contains 88 cards, each reflecting a different regulation strategy. The images are suitable for children and young people (can certainly be used by adults too – you can also check out our adult's regulation tools set for age-appropriate imaging). Great for use by occupational therapists, psychologists, other allied health professionals and educators for practical activities to help young people explore a wide range of regulation tools to include in their toolbox.

Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.



Talk to a trusted person



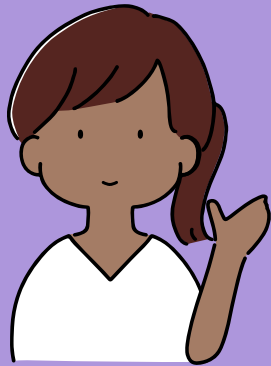
Talk to a friend



Hug a trusted person



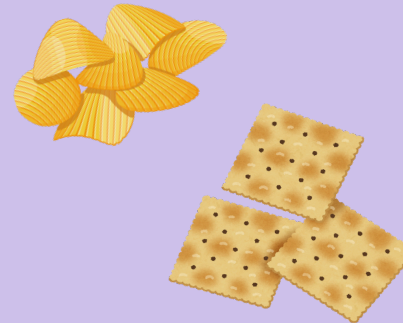
Spend time with a pet



Ask for help



Eat something chewy



Eat something crunchy



Eat a snack





Drink water



Have a warm drink



Have an icy drink



Cook or bake



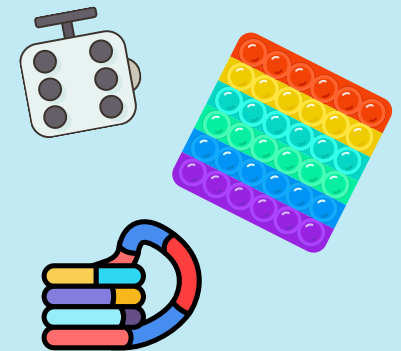
Blow bubbles



Hug a weighted  
toy



Use a weighted  
blanket



Use fidget tools

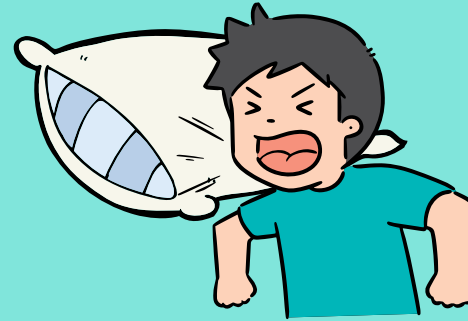




Squeeze a stress ball



Hug a toy



Scream into a pillow



Use noise cancelling headphones



Use ear plugs



Find a quiet space



Spend time alone



Listen to music





Massage or deep pressure



Stretch



Do some yoga



Strength exercises



Cardio exercises



Go for a walk



Go for a run



Ride a bike or scooter





Dance

 Believe and Become



Kick a ball

 Believe and Become



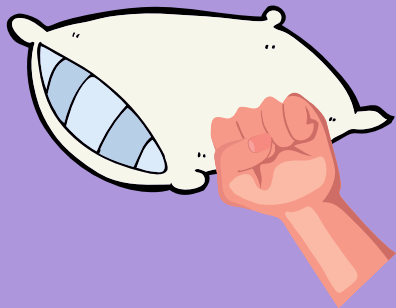
Bounce a ball

 Believe and Become



Do some gardening

 Believe and Become



Punch a pillow

 Believe and Become



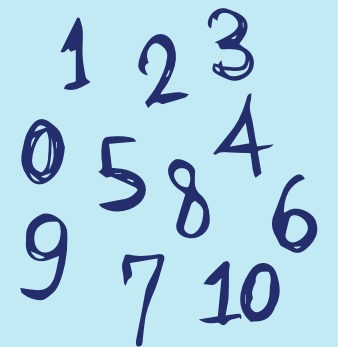
Swing

 Believe and Become



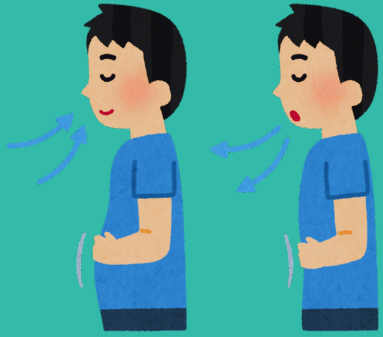
Bounce

 Believe and Become



Count to ten

 Believe and Become



Take deep breaths



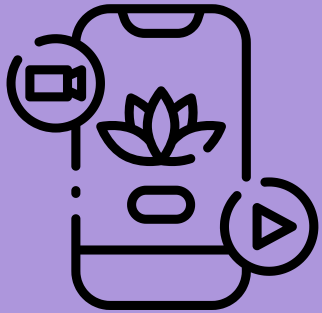
Trace fingers while breathing



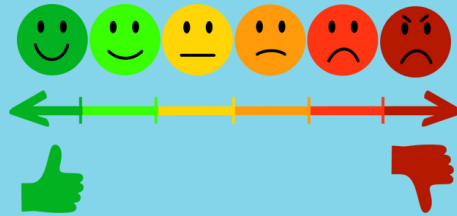
Sing



Meditate



Use a mindfulness app



Check in on your feelings



Count your breaths



Watch a timer





Imagine your favourite place



Have a nap



Name all the things you can see of a certain colour



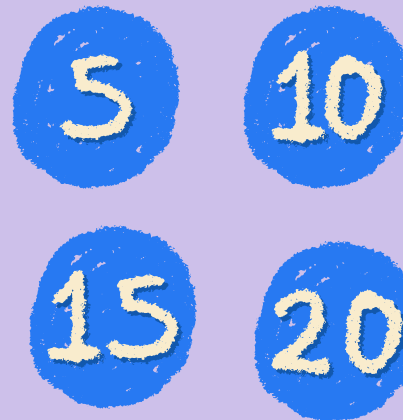
Watch the clouds



Smell your favourite scent



Tense and relax your muscles



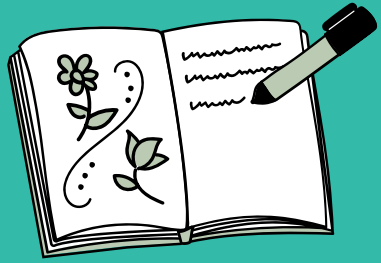
Count by 5s as high as you can



**BELIEVE IN YOURSELF**

Read or recall positive affirmations





Journal your feelings



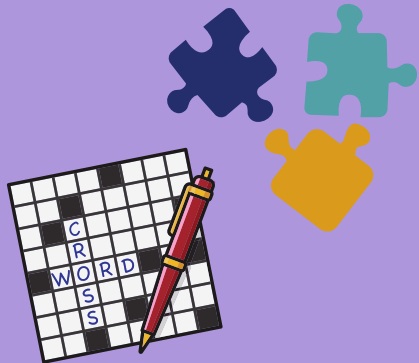
Read or listen to an audio book



Do some craft



Build with Lego



Do a puzzle



Play video games



Play with favourite toys



Watch a show or movie

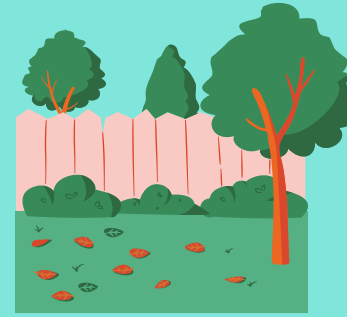




Write down your thoughts



Take a bath



Spend time outside



Explore nature



Draw



Paint



Colour



Doodle





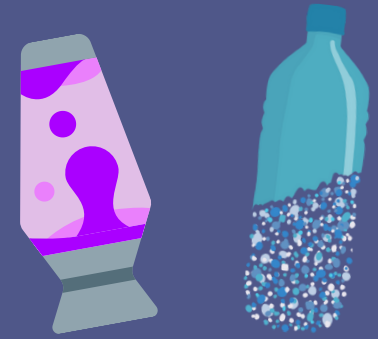
Play with a  
balloon



Use playdough  
or clay



Play with slime



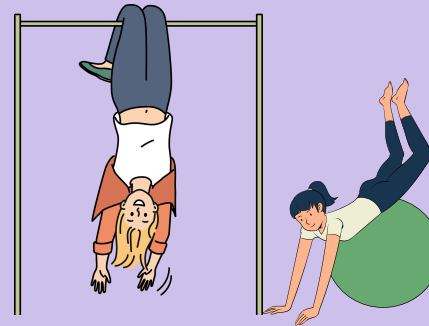
Watch a sensory  
bottle or lava  
lamp



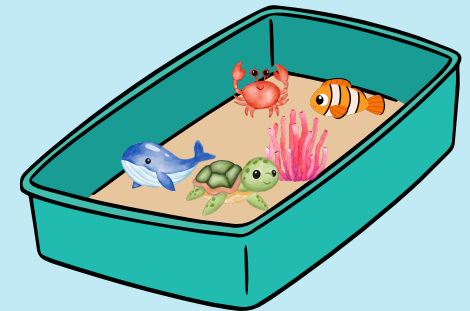
Tear up paper



Splash your face  
with cold water



Hang upside down



Play in a  
sensory tray

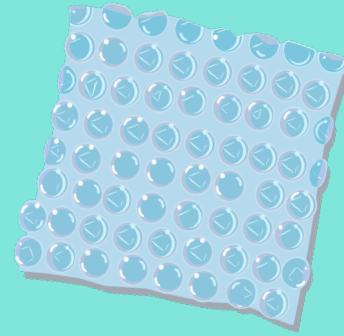




Look through a  
kaleidoscope



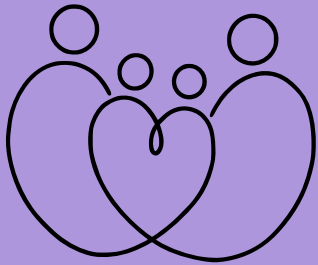
Look at  
favourite photos



Pop bubble wrap



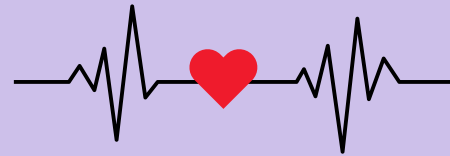
Spend time with  
friends



Spend time with  
family



Spend time doing  
your favourite  
hobby



Count your  
heartbeats



Imagine watching  
waves at the  
beach



This works  
well for  
me



I'd like to try  
this



This doesn't  
work for me



- You can use these sorting cards to identify preferred tools, or new tools to try.
- You can sort them in anyway that makes sense to you, these are just ideas.

This is  
helpful  
anywhere



This is helpful  
at home

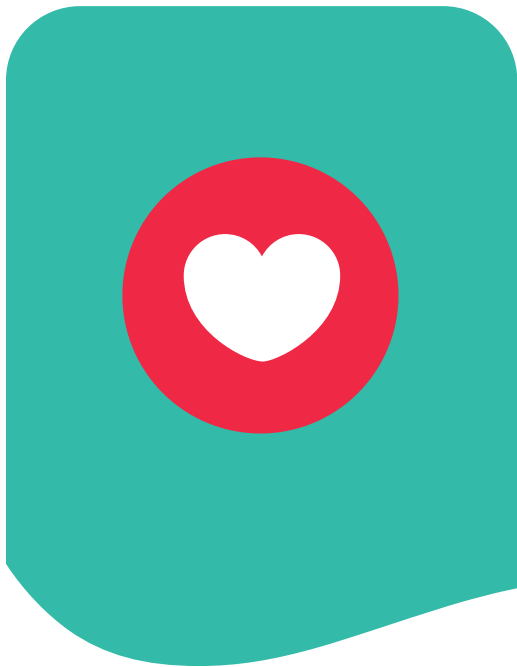


This is helpful  
at school



This is helpful  
in the  
community



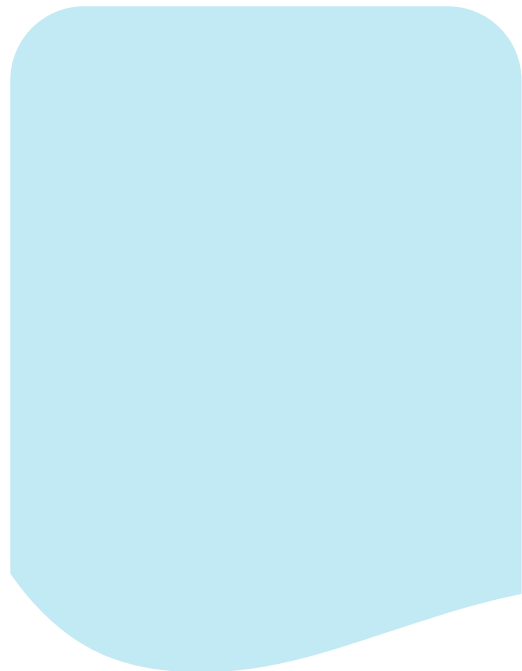
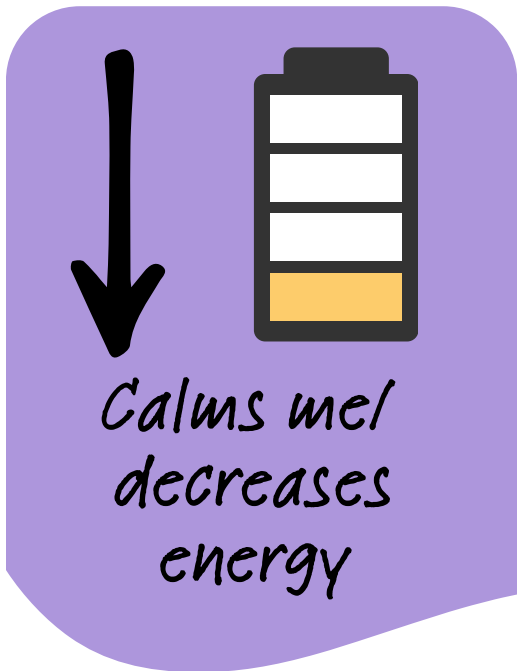


- It's a great idea to also think about whether each tool has an alerting or calming influence on you - does it charge or drain your battery?

 Believe and Become

 Believe and Become

 Believe and Become



 Believe and Become

 Believe and Become

 Believe and Become

 Believe and Become