**Ideas for Classroom Wide Dosing**

These are just a few ideas for dosing that are to be used as intervals throughout every day, that are deliberate and consistently used. They are *not* to be used as consequence to behavior and all students should be able to participate unless there is a safety concern for a particular student. Please remember what you are already doing or have done that helps your students regulate and include those in your classroom strategy.

**Providing Calming Energy: rhythmic, slow deliberate movements, quiet, cooler temp, lower lights, decrease speed**

Quiet time

Coloring with relaxing music

Teacher reads, while students use fidgets

Mindfulness exercises

Classroom Yoga

Checking in 1:1 time

Calming nature videos, not education focused (fish swimming, water flowing, sunset/rise, cloud formations, ocean waves, animals)

Arts or crafts

Straw blowing games

Connect the dots, maze games, color by number, or word searches

I spy books or games

Crocheting or braiding

Progressive muscle relaxation (youtube videos)

**Fulfilling Energy Needs: unexpected rhythm, unexpected pace that is faster and louder, brighter, opportunities for movement and engagement**

GoNoodle

Songs & dance

Hand clap games

Smart board games

Freeze tag or red light, green light

Drumming

Tossing ball back and forth (1:1 or in groups)

Lycra work (on person holds it the other pulls or one person stretches material on their own)

Blowing bubbles and partner pops them

Tape walking

Sensory hallway

Extra outdoor or gym play

Arts or crafts

Tossing balloon through partners hooped arms

Physical activity stations (jumping jacks, high-five wall target, hoping on one foot)

Simon says

Minute to win it