

Figure 8.1: Modes of Self-Regulation Chart

Self-Regulation via Activities With Others	
<p>Performing progressive relaxation in a group</p> <p>Attending movement or yoga class</p> <p>Singing with a group or choir, or playing in a band or orchestra</p> <p>Participating in a drum circle</p> <p>Mirroring movements</p> <p>Playing team sports</p> <p>Attending dance groups</p> <p>Walking and talking with others</p> <p>Performing karaoke</p> <p>Going to the gym or a workout group</p> <p>Bird-watching with a group</p> <p>Cooking for others</p> <p>Participating in group activities like tug-of-war, human knots, or jump rope</p> <p>Smelling candles at a store with others</p> <p>Sampling food or drinks with others</p>	<p>Playing card games with others</p> <p>Playing board games with others</p> <p>Making conversation or talking with friends, family, or colleagues on the phone or in person</p> <p>Playing Simon Says or I Spy</p> <p>Reading out loud to someone</p> <p>Performing theater or acting</p> <p>Writing letters to pen pals</p> <p>Playing <i>Mad Libs</i> or <i>Words With Friends</i></p> <p>Watching a film with others and talking</p> <p>Attending a book club or writing group</p> <p>Attending a class of some sort</p> <p>Receiving group counseling</p> <p>Playing or watching <i>Jeopardy!</i> or <i>Wheel of Fortune</i> with others</p> <p>Playing video games with others</p> <p>Teaching or leading a class or group</p>
<p>Doing breathing exercises</p> <p>Singing to yourself or playing an instrument by yourself</p> <p>Making pottery</p> <p>Playing with kinetic sand or a zen sand garden</p> <p>Gardening</p> <p>Listening to music, books on tape, or relaxing nature sounds</p> <p>Changing lighting</p> <p>Using fidget spinners or stress balls</p> <p>Smelling candles, incense, or scented lotion</p> <p>Chewing gum or eating hard candy</p> <p>Eating crunchy snacks</p> <p>Using a yoga ball or balance board</p> <p>Playing hidden picture or visual puzzles</p> <p>Using a heated or scented eye or face mask</p> <p>Looking at art, photos, or sculptures</p> <p>Wearing soothing clothes (velvet, silk, or cashmere)</p> <p>Drinking tea</p> <p>Playing individual sports</p> <p>Taking a long soak in a warm tub</p>	<p>Doing pencil-and-paper puzzles</p> <p>Solving hand puzzles (such as a Rubik's cube)</p> <p>Playing solitaire</p> <p>Making origami</p> <p>Hand knitting</p> <p>Performing needle arts (embroidery, crochet, or quilting)</p> <p>Coloring</p> <p>Making visual art (drawing, painting, and so on)</p> <p>Reading</p> <p>Writing a story, journal, or poetry</p> <p>Watching a video</p> <p>Making photo albums or scrapbooks</p> <p>Cracking codes</p> <p>Playing individual sports</p> <p>Solving crosswords</p> <p>Playing sudoku</p> <p>Seeing a counselor</p> <p>Playing a video game or solve-it game</p>
Self-Regulation via Solitary Activities	

Self-Regulation via Movement and the Senses

Self-Regulation via Use of the Brain

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