

Happy February and welcome to Issue 2 of our Regulation Reboot Blast!

It was an erratic January for most education and clinical providers with all of the polar temperatures. This has not helped our dysregulated and traumatized students and clients. In general, they need consistency and routines. Like everyone else, adults included, they are excited about an unexpected day off, but missing multiple days each week becomes difficult for everyone. Often school is seen as a safe haven for these youth; the adults are caring and consistent, and they get the supervision and support that they desperately need. The added stressor of not knowing if they even have school can increase their anxiety and thus their dysregulation, making them difficult to manage. Meanwhile their parents are likely struggling to balance work attendance and other responsibilities with unexpected childcare issues. I know that I literally cheered when the day care that my 2 year old attends stayed open for several days that public schools were closed!

On the positive side, we have gotten some supportive feedback related to using regulation activities to improve classroom, group and individual behaviors and attentiveness. Some folks shied away from dancing with their students, not everyone can lead a line or square dance, and avoided the Scream and Run activity, understandable in a busy school setting, but others reported increased periods of productive classroom time after only 3-5 minutes of regulation! I'm personally interested in incorporating biofeedback into our regulation activities. I'm looking into inexpensive technology that can let the student/client adjust their pulse or breathing to get into that "sweet spot" of alertness for a big test or performance. More to come on that in future Blasts!

I thought I'd wrap up this month with some more information about Bruce Perry, so you know why I place so much faith in his **Regulate-Relate-Reason** sequence for success: Bruce Perry, MD, PhD, is the founder and senior fellow of The Child Trauma Academy (www.ChildTrauma.org). A prolific writer and researcher, Dr. Perry is the author of over 500 journal articles, book chapters and scientific proceedings. Dr. Perry's experience as a clinician and a researcher with traumatized children has led many community and governmental agencies to consult him following high-profile incidents involving traumatized children such as the siege in Waco (1993), the Columbine school shootings (1999), the 9/11 terrorist attacks (2001), Hurricane Katrina (2005), and Sandy Hook school shootings (2012) among others. I invite you to join me in aligning our work with traumatized youth with Perry's research and practices. To that end, here are your February Reboots to try...

Remember, the youth may not be very coordinated at first. Start with smaller number of repetitions or intensity, and build it up over time. I've heard from several people that they struggle at first, but get better after several weeks, which is exactly what you are looking for! Plus they are proud of their improvements, so congratulate them!

Full Body Intensive Reboots:

1. Run in place
 - Try marching in place for one minute, and then alternate with 30 seconds of intense running. It helps to count down the final 10 seconds of running, when you get to switch to marching.
 - 4 repetitions of 60/30 will get you to that magic 5-7 minutes!
2. Windmills
 - Stand with feet slightly wider than shoulder width apart and arms stretched out from your sides.
 - Use a 4 count to 1) bend and touch your L foot with your R hand; 2) stand up; 3) bend and touch your R foot with your L hand; 4) stand up.
3. Cross Lateral Lifts
 - Start on your hands and knees, shoulder width apart.
 - 1) Lift and stretch your L leg and your R arm, keeping them parallel to the ground; 2) return to resting position; 3) lift and stretch your R leg and your L arm, keeping them parallel to the ground; 4) return to resting position.
 - As you get smoother with this position, increase the amount of time to hold it.

Moderately Active Reboots:

1. Yoga
 - We would recommend picking three poses that you are comfortable modeling.
 - Do each one three times, holding the pose for 30 seconds each time.
 - Suggested poses and descriptions are attached.
2. Infinity Walk
 - Walk in a figure 8 on the floor. To make it easier for younger students, mark the figure 8 with tape.
 - Keep a moderate walking pace for at least 5 minutes.
 - This is a great one to do with the student! They especially like to be the “leader”.
3. Cross Lateral Knee Slap
 - Start standing with your feet shoulder width apart.
 - 1) Lift and bend your L knee and lift your R arm and tap your L knee; 2) return to resting position; 3) lift and bend your R knee and lift your L arm and tap your R knee; 4) return to resting position.
 - As you get smoother with this activity, increase your speed.

Mild or Quiet Reboots (If used, the next reboot needs to be active):

1. Belly Breathing (Sitting or lying down on your back)
 - Place your hand gently on your stomach.
 - Take a deep breath through your nose allowing your stomach to rise with the breath.
 - Exhale slowly watching your stomach fall with the exhale.
 - Repeat!
2. Infinity Circle Trace
 - On the table trace an infinity pattern in front of your body, making sure you are crossing over midline.
 - This can be done with your finger on a desk or with a writing utensil on a piece of paper.
3. Seated Cross Lateral Knee Tap
 - Start with your hands slightly raised, about waist level and shoulder width apart.
 - Tap your L knee with your R hand and then tap your R knee with your L hand.
 - Repeat.
 - As you get smoother with this activity you can lift your knee to meet your hand or increase the speed.