

Morning Regulation Plan

Identify strategies that help the child's brain and body prepare for the transition to school.

The goal is not to make every uncomfortable feeling disappear. The goal is to help the brain and body become regulated enough for the next transition.

My early warning signs

- ☐ Fast heartbeat
- ☐ Headache
- ☐ Anger / yelling
- ☐ Moving very slowly
- ☐ Other: _____
- ☐ Stomachache
- ☐ Crying
- ☐ Freezing / shutting down
- ☐ Repeated reassurance seeking

What helps my body get ready?

- ☐ Drink water
- ☐ Slow breathing
- ☐ Stretching
- ☐ Music
- ☐ Sensory tool
- ☐ Eat something
- ☐ Heavy work / movement
- ☐ Quiet space
- ☐ Warm shower
- ☐ Connection with caregiver

My 10-minute regulation sequence

Minute / order	What I will do	Who helps / what I need

Words that help me in the morning:

Words or actions that tend to make things harder:
