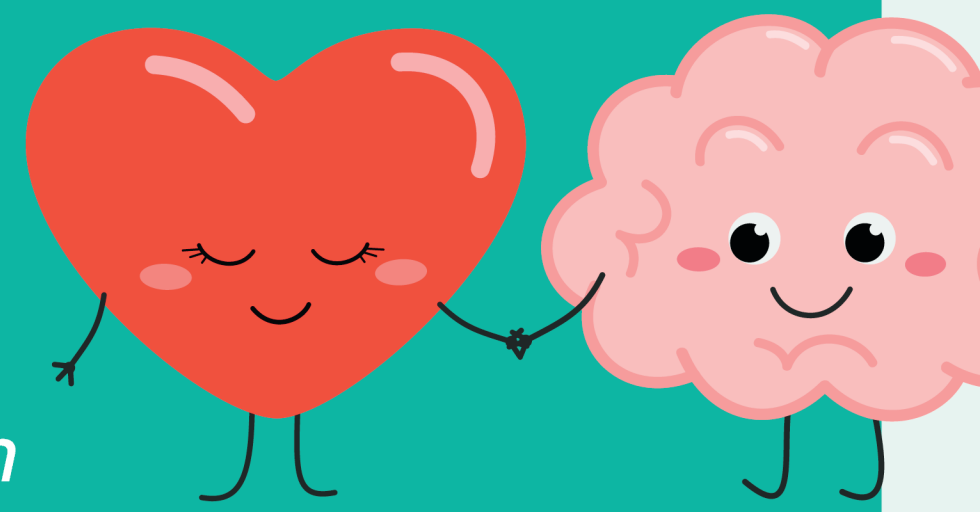


Regulate Together: 6 Simple Ways to Connect and Calm

Nervous System Regulating Activities for Adults and Children

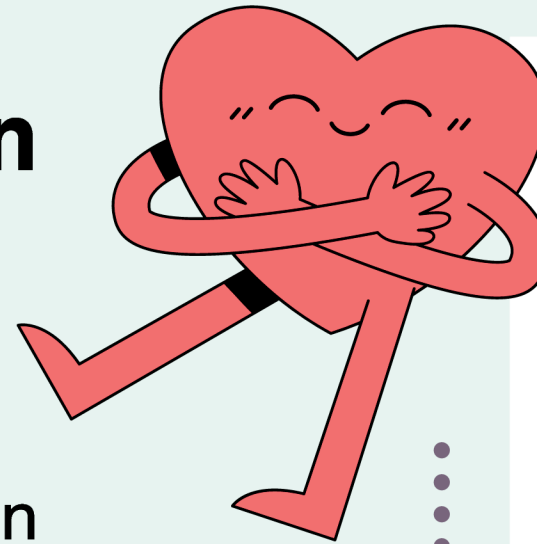


1 Mirror Breathing

Sit face-to-face and breathe together slowly. Let the child follow your lead—or let them lead while you match their breath.

This shared rhythm sends cues of safety and helps both bodies settle.

2 Hand on Heart



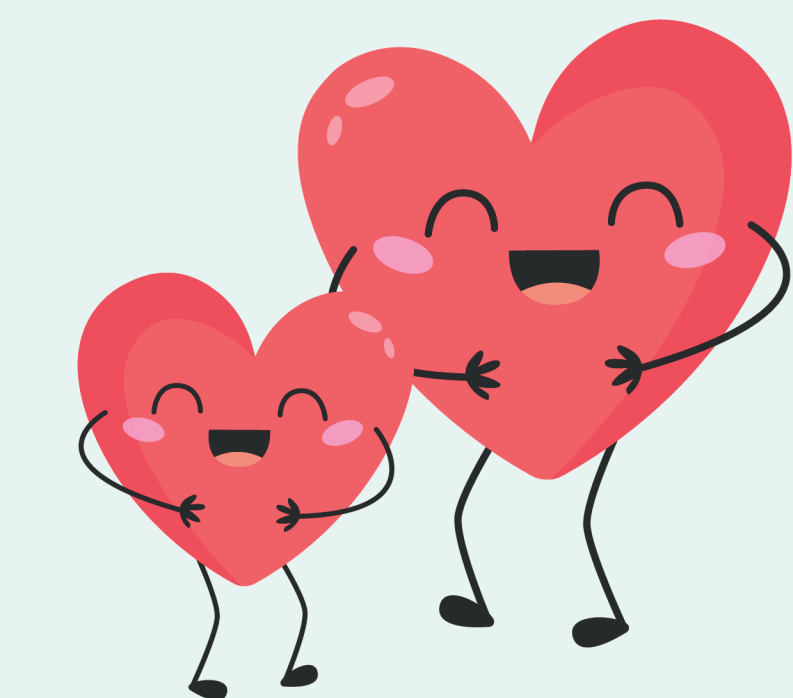
Place your hand gently on your own heart and invite the child to do the same—or place your hand lightly on their back if they're comfortable. Breathe slowly together.

Warm, gentle touch paired with breath can calm the nervous system and promote connection.

3 Rock, Stomp or Rhythm

Gently rock together in a chair, sway side to side in a hammock, stomp to a beat or bounce in sync to a song or chant.

Rhythmic movement that uses big muscles supports regulation and connection.



4 Eye Contact Game

Take turns making silly faces, mirroring expressions, or seeing who can hold a soft gaze the longest while smiling.

Safe, playful eye contact activates the social engagement system and strengthens connection.

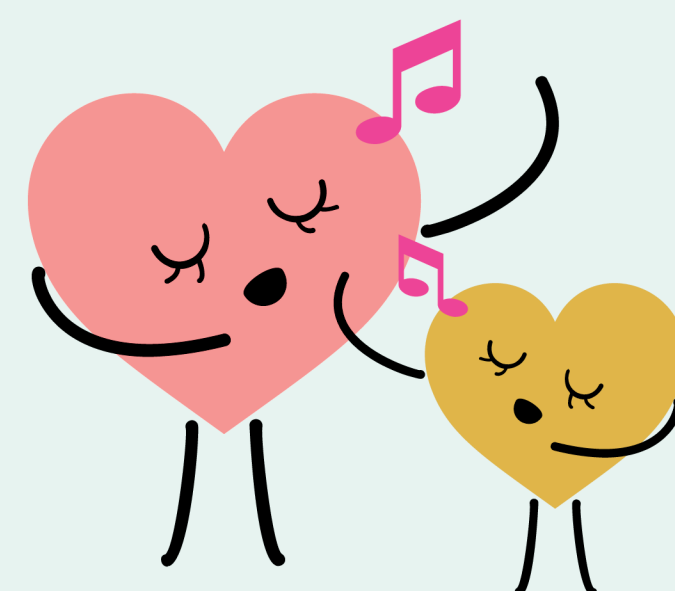
5 Name the Feeling

Help the child name what they're feeling ("I see you're frustrated") and then offer a calming pause—like a big exhale, hug, or breath together.

This teaches emotional awareness and shows that regulation can happen with support.



Use these strategies adult-to-adult as well!



6 Shared Story or Song

Sit together and read a short story aloud or sing a favorite song together. Let the rhythm of the words and your shared attention create a safe, comforting atmosphere.

Storytelling and singing stimulate social engagement circuits, calming the nervous system.



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