

Below is a visual for active regulation in a middle school classroom.

Yellow → Green Routine



WHY? Work off some **extra energy**.



WHEN? When you need to get back to the **Green Zone**.

- first thing in the morning
- after recess
- after lunch or
- before sitting, listening and focusing.



WHAT? Try this routine. Do it exactly once. If you are still not in the **Green Zone**.....

- Try it again with more repetitions.
(5 Jumping Jack Flashes instead of 3 You be the Judge.)
OR
- If you find your body is getting **MORE** energy, do more of the **"Get Settled"** activities instead.



WHAT? **"Get Settled"** activities you do sitting at a table. Then rejoin your class, ready to go.

- Drawing
- Colouring
- Maze
- Puzzle
- etc.



Squats

Start with 3.



Wall Push Ups

Start with 3.



High Knee Jogging on the Spot

Start with 10 high knees.



Medicine Ball Pass

Start with 10 one way and 10 the other way.



Lazy 8 Breathing

Start with 5 slow deep breaths.



5 Minute Table Activity

Set a timer. Do your activity. Back to class.