

> When I am feeling dysregulated and there has been a disruption, what regulatory resources and anchors do I need?

1. I need time and space.
Yes No Other (option explanation): _____
2. I need to talk to a teacher, friend, or someone I trust.
Yes No Other (option explanation): _____
3. I need to take deep breaths.
Yes No Other (option explanation): _____
4. I need to move my body (my favorite activity, sports, running, jumping jacks, stretching, etc.).
Yes No Other (option explanation): _____
5. I need music, soothing sounds, calming rhythms.
Yes No Other (option explanation): _____
6. I need to write my thoughts out.
Yes No Other (option explanation): _____
7. I need to express myself through a form of art.
Yes No Other (option explanation): _____
8. I need rhythm (pacing, walking, rocking, building, crafting, drumming).
Yes No Other (option explanation): _____
9. I need warmth (hold something warm, wrap up, etc.).
Yes No Other (option explanation): _____
10. I need something cold (chewing on ice, ice pack, cold water).
Yes No Other (option explanation): _____
11. I need to chew or crunch on something for regulation.
Yes No Other (option explanation): _____
12. I need to talk to myself out loud.
Yes No Other (option explanation): _____
13. I need to vocalize (singing, humming, sighing, yawning).
Yes No Other (option explanation): _____
14. I need a prayer or a spiritual affirmation.
Yes No Other (option explanation): _____
15. I need my own space with a personal ritual (being with animals, a favorite toy, a favorite smell, a favorite view).
Yes No Other (option explanation): _____
16. I need to sit in a place that calms me (in my classroom or school).
Yes No Other (option explanation): _____
17. I need pressure or touch (self-hug, friend-hug, ear/head/hand massage).
Yes No Other (option explanation): _____
18. I need something soft.
Yes No Other (option explanation): _____
19. I need to be outdoors.
Yes No Other (option explanation): _____
20. I need to cry.
Yes No Other (option explanation): _____
21. I need to laugh.
Yes No Other (option explanation): _____
22. I need _____ .