

## Grounding Discs

- Print these discs on a colour printer, then cut them out and laminate them
- These exercises can be done anywhere and are great for calming and increasing concentration
- These poses should be combined with mindful breathing to achieve the full calming/ grounding effect
- You can make these moves more difficult by holding them longer or by stretching deeper into the pose

### **Ready, Set, Regulate!**

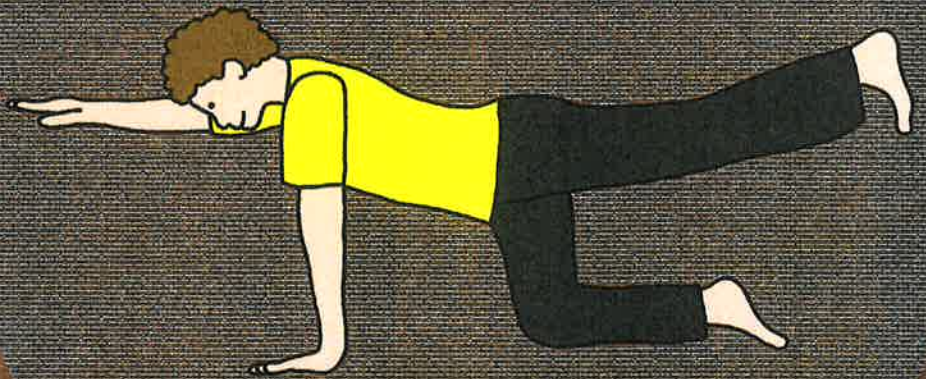
By Lynda Swain, Occupational Therapist and Anna Lenarczyk, Inclusion Support Teacher

SD 43: Learning Services- Self-Regulation

Ardhane



Pranayama



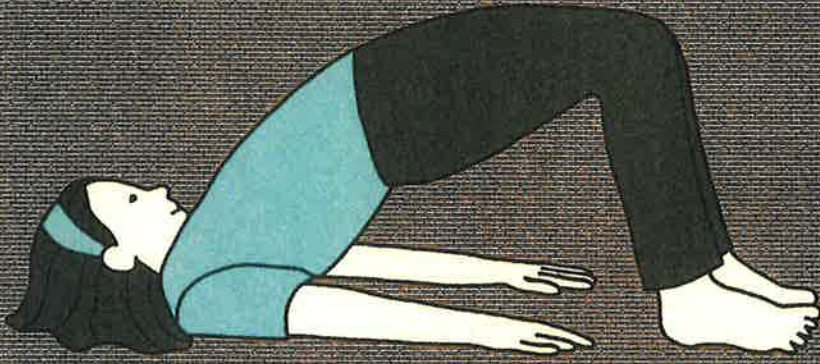
Padmasana



Bhujangasana



Bridge



Balutreffly



Camel



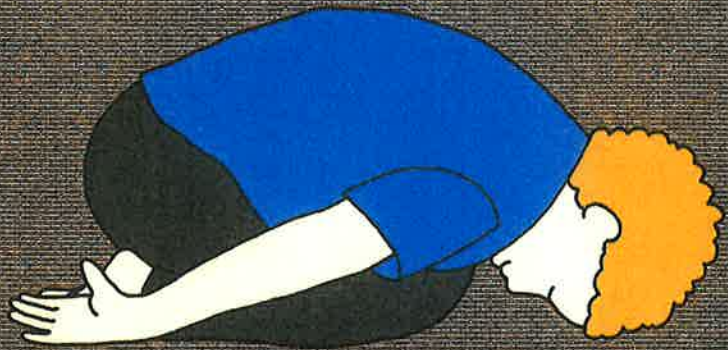
Chair



Cat



Child's Pose



Cobra



Crab



Pranahita



Shirshasana

