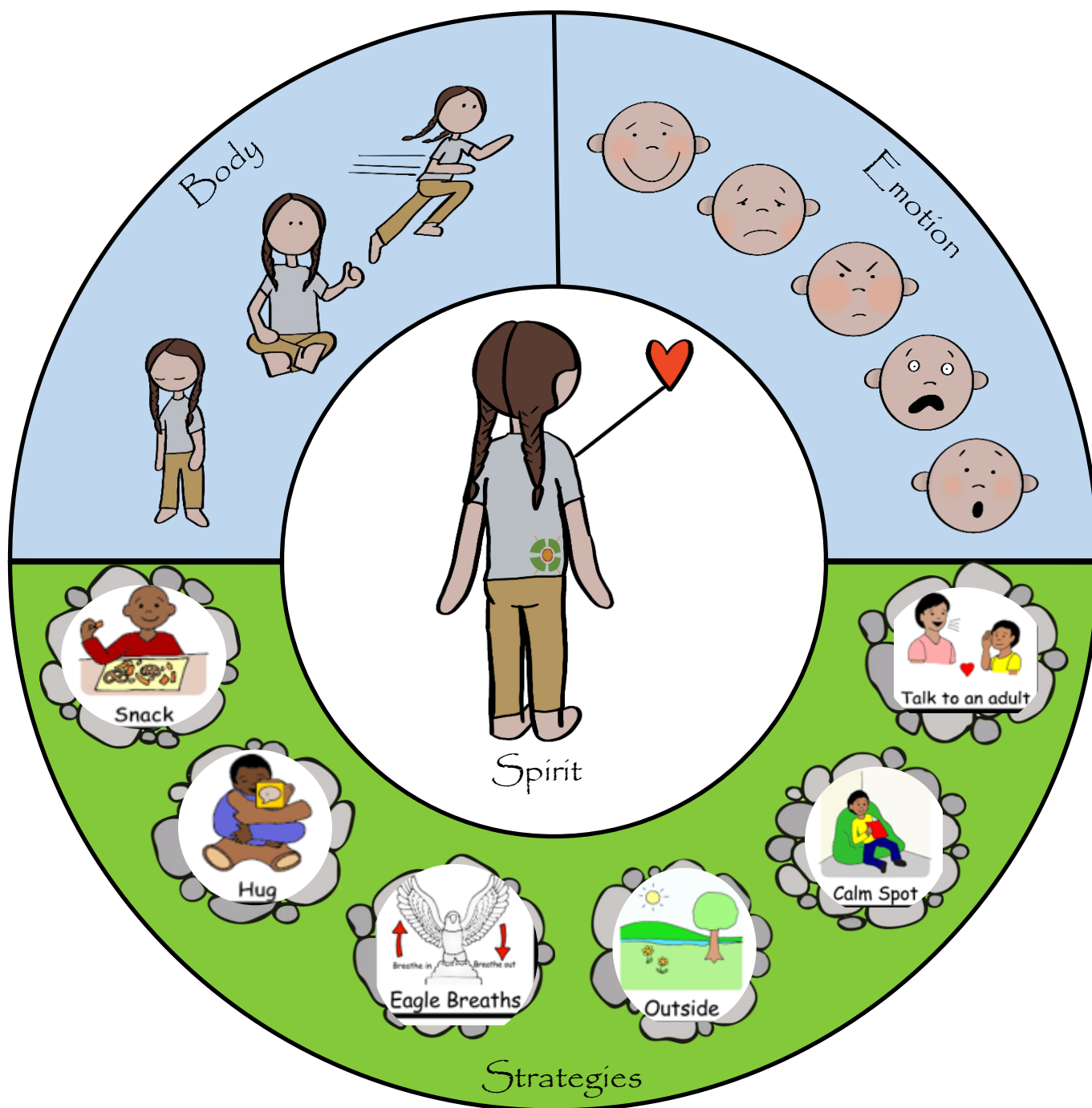


Connecting to Spirit



If you would like more information or resources on this regulation model, please contact your teacher at NLC.

Connecting to Spirit at Home

This model, above, was designed for the students, families and staff of Niitsitapi as a means to understand our bodies, validate emotions and learn ways to help us regulate and connect to spirit.

How to start using this model (AT HOME):

Refer to the model and allow your child to point at the pictures if that helps them to describe it to you.

1. Emotions: Ask your child how they are feeling or how they felt when certain things have happened, such as the schools closing, not being able to see friends, family...
All feelings are okay to have!
2. Body: Ask how that feels in their bodies. Ex. Does it make your body feel fast or does your body feel heavy and slow?
3. Strategies: Think of strategies that may help your child to be more calm, regulated and connect to spirit. Some strategy ideas are below.

Basic Needs:

- Hugs, cuddles
- 1 on 1 time to talk/connect
- Healthy snacks & meals
- Water
- Sleep!

Basic Needs	 Hug	 Drink	 Snack	 Toilet
Basic Needs	 Rest	 Talk to an adult	 Hug	

Calming strategies:

- Create a calm, safe space (e.g. under table fort - drape sheet over table, calm corner- pillows and stuffies in a corner, etc)
- Deep Breathing: Eagle Breaths
- Outdoors: Go outside. Go for a walk or bike ride around the block. Or create a simple scavenger hunt outside the house (round rock, insect, 3 leaves, a twig the size of your foot etc.).

Calming Ideas	 Breathe in Breathe out Calming	 Deep breaths
 Calm Spot	 Calm Spot	 Outside

Movement strategies:

- Dance! Learn a new dance.
- Exercises:
 - Superman, Popcorn
 - Alphabet Exercise
- iPad:
 - Go Noodle App
 - YouTube: Cosmic Kids Yoga

Move	 Outside	 Exercises
 Dance	 Go Noodle (app or website)	 Cosmic Kids Yoga (Youtube videos)