

Mindfulness for Special Needs

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If significantly Hypo and/or Hyper-responsive, decrease then gradually increase sensory input as needed to achieve a **Calm Alert State**.

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|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>HYPO- RESPONSIVE Low Registration</p>  | <p>Calm Alert State</p> | <p>HYPER- RESPONSIVE Sensory Sensitive</p>  |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|

Mindfulness Sensory Strategies in School OT P. 3

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- ★ **Slow breathing mindfulness activities significantly reduced anxiety, depression and trauma symptoms** in children, as well as adults with psychosis, PTSD and mental health challenges (Brown & Gerbarg, 2022; Potes et al., 2018)
- ★ Mindfulness training significantly decreased bullying behavior difficulties in elementary school students (Faraji et al., 2019)
- ★ **Feel your feet significantly improved behavior** in adolescents with aggressive behaviors (Singh et al., 2016)
- ★ Sensory coping strategies that improve anxiety and depression through neurotransmitter affects can include mindfulness, deep breathing, sensory strategies, massage, and adaptive equipment (Prat, 2022)

SHAKING P. 4

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Precautions include orthopedic problems, osteoporosis, unpleasant sensations, or hyper-arousal suggesting that this practice should be done very gently or replaced with Self-hug & Squeeze

Feet 1 ½ shoulder widths apart bend and straighten both knees letting your arms shake like rag dolls

After a couple minutes shake both arms upward 6 times, to both sides 6 times, then downward 6 times again

Come to stillness, close your eyes or look down, then notice your body, breathing, and thoughts

(Brown & Gerbarg, 2022)

SELF-HUG & SQUEEZE P. 5

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- **Self-Hug & Squeeze-** *Facilitates deep proprioceptive pressure and body awareness.* Crossing your arms hug through both shoulders diagonally for 10 sec. then squeeze or press sequentially down the back of the arm. Label each body part as its touched and give awareness to touching and touched body parts.
- Begin with 1 shoulder, then upper arm, lower arm and each finger from base to tip (begin with little finger and proceed sequentially to thumb). Repeat with the same arm. Then brush down the back of your arm twice from the shoulder to fingers. Observe your body comparing the arm squeezed with the other arm.
- Next repeat the sequence on the other arm.
- Observe your body, breathing and thoughts.

(Manuel, 2024; Brown & Gerbarg, 2022)

Mindful Clock Standing begins with Body Awareness & Bird Breathing P. 6

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★**Zip** *FRONT & BACK OF, NOT TOUCHING BODY*

ZIPPING YOUR TRUNK UPRIGHT AND YOUR LIPS

★**SIGN LANGUAGE CHEER DO SIGN LANGUAGE CHEER**

★**BOTH HANDS TOUCH HEAD, SHOULDERS, STOMACH (OR SUBSTITUTE)**

★**BIRD BREATHE-TAKE 3 DEEP BREATHS
WINGS UP *BREATHE IN*
WINGS DOWN *BREATHE OUT***

MINDFUL CLOCK STANDING P. 7

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(Greenland, 2015)

MINDFUL CLOCK STANDING

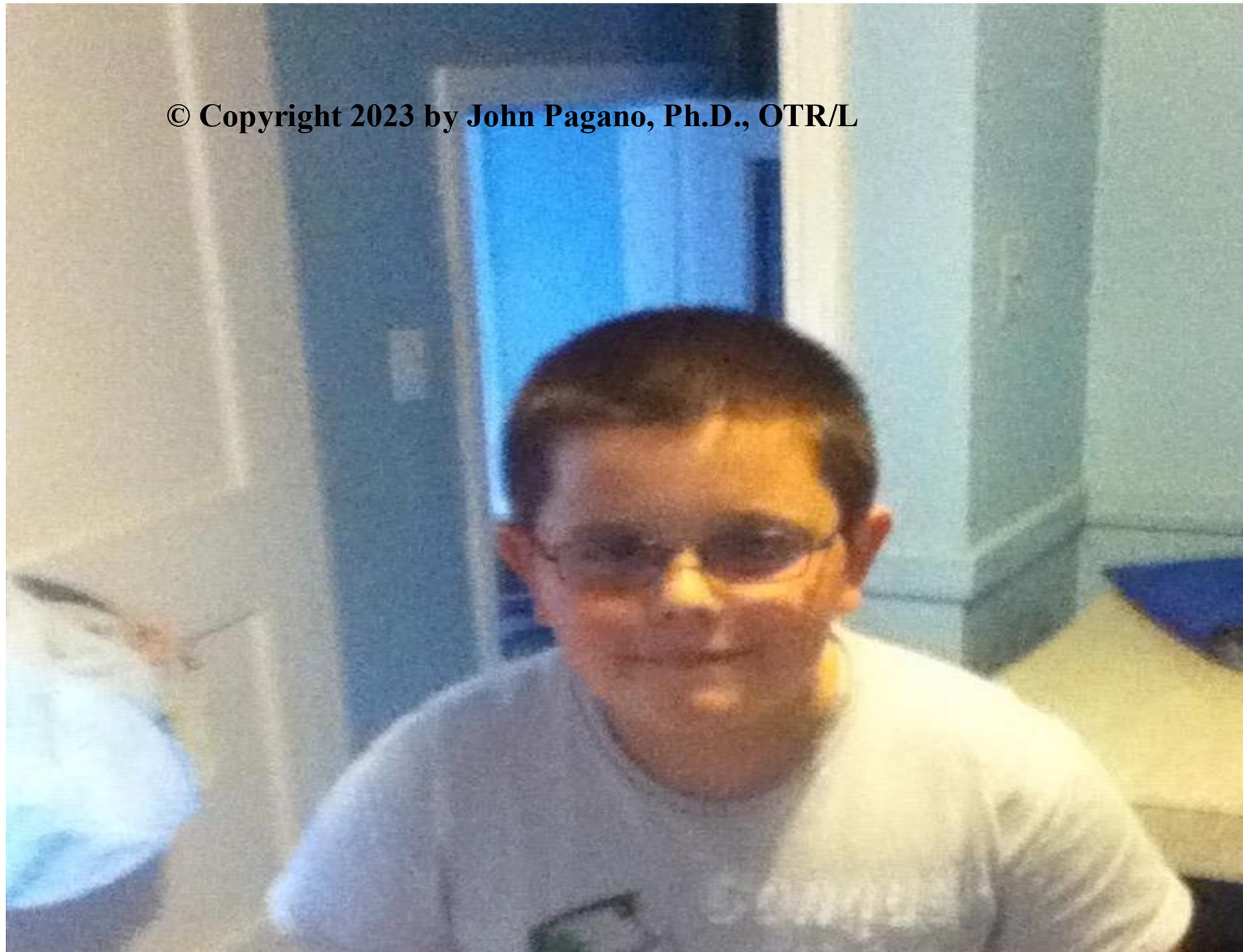
TIC SWAY FORWARD TOC SWAY BACK
LIKE A SWAY FORWARD CLOCK SWAY BACK
'TIL WE SWAY FORWARD FIND OUR SWAY BACK
CENTER MOVE CENTER

TIC-SQUAT DOWN
TOC-STAND ON TOES
LIKE A-SQUAT DOWN
CLOCK-STAND ON TOES
'Till WE-SQUAT DOWN
FIND OUR-STAND ON TOES
CENTER-(CENTER)

TIC SWAY LEFT “Leader right” do a righting reaction (head and trunk flex right)
TOC SWAY RIGHT do a righting reaction (head and trunk flex left)
LIKE A SWAY LEFT do a righting reaction (head and trunk flex right)
CLOCK SWAY RIGHT do a righting reaction (head and trunk flex left)
'Till WE SWAY LEFT do a righting reaction (head and trunk flex right)
FIND OUR SWAY RIGHT do a righting reaction (head and trunk flex left)
CENTER (Center)

(Pagano, 2019)

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HAND BREATHING P. 8

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BEGIN-“Open your hands” *then* “Close your hands” *quickly on command*

Open your hands *while breathing in stomach goes out while fingers separate and extend fully;*

Close your hands while breathing out even more slowly stomach goes in fist over pointer & index finger (Mushti Mudra decreasing rage; spiritual fetal position)



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**Hand Breathing and
Developmental Coping
Strategies-** Easy enough that
they can do it, hard enough that
they can't think of anything else

ENERGY BALL P. 9

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- **Energy Ball- Rub hands together, then begin** with hands 2 inches apart feeling the energy between them
- **Breathing in** *separate hands gathering energy,* **breathing out** *move hands in energy into a golden ball*
- **HAND BREATHING-“Open your hands” then “Close your hands” quickly on command**

Open your hands *while breathing in stomach goes out while fingers separate and extend fully;*

Close your hands while breathing out even more slowly stomach goes in fist over pointer & index finger (Mushti Mudra decreasing rage; spiritual fetal position)

FINGER PAINTING EASEL, ENERGY BALL, 4-4-6-2 P. 10

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- **Finger paint-** Imagine finger painting an easel with back of hand 1 color upward and palm painting down bending knees other
- **Rub hands together-**
- **Energy ball-** Imagine energy between hands, breathe in separating hands as gather energy, breathe in as gather gold energy ball finger not touching

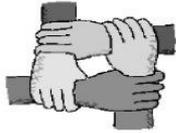
Notice: Body, Breath, Thoughts

(Brown & Gerbarg, 2022; Manuel, 2022)

PAGANO FAB TRIGGER & COPING FORMS

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Color/Circle Your 3 Major Triggers for Misbehaving



Held/Restrained



Crowds



Darkness



Told No/Can't



A Fight with a Friend



Miss Someone



Lonely



Getting up



Hungry



Tired



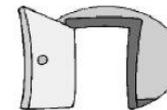
Being Bullied



Sick



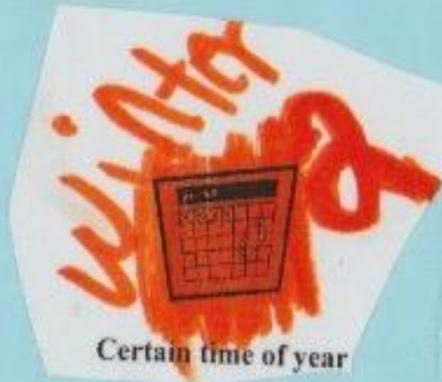
Told What to Do



Door Closed/Locked

Feeling TRIGGERS

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Color/Circle 3 Major Body Triggers for Misbehaving



Crying



Red/hot face



Laughing/Silly



Threatening



Act mean/rude



Swearing



Whining



Breathe hard



Clench fists



Shake/Tics



Yelling/Screaming



Rocking



Acting Hyper



Scrunch Face



Run Away

Body triggers



How my body acts when I'm upset?

Color your strongest body reactions when upset

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Color/Circle 3 Best Coping Strategies for Behaving



Writing



Games/Toys



Drawing/Art



Tense & Relax Muscles



Warm Bath



Being Left Alone



Computer



Slow Deep Breaths



Reading



Watching TV



Count to 10



Focus bottom of feet



Rocking chair



Swings



Dancing



Sports



Swimming

Reference: Mass. Dept. of Mental Health Safety Tool, 2006

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Color/Circle 3 Best Coping Strategies for Behaving



Talk on Phone



Listen to Music



Singing/Humming



Theraband Exercises



Hug Stuffed Animal



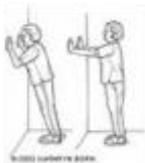
Get a Hug



Pressure Touch



Fidget



Wall pushups



Bean Bag chair



Weighted Blanket



Sit Moved on Ball



Play on Playground



Theraputty



Playdoh



Exercise



Chewey

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Color/Circle 3 Best Coping Strategies for Behaving



Noise Cancelling Headphones



Mini-trampoline Jumping



Brushing



Pressure/Weighted Vest



Rock over Therapy Ball



Sensory Coping Area



Mindfulness Activities

Reference: Adaptation of Mass. Dept. of Mental Health Safety Tool, 2006

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Swings



Suspended Swings



Wall Pushups



Sensory Coping Area/Room



Steam Roller Deluxe®

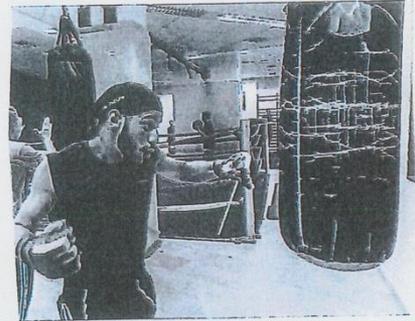


Visual Supports

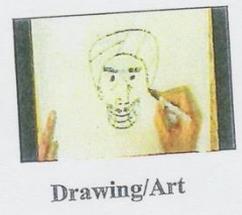
Reference: Adaptation of Mass. Dept. of Mental Health Safety Tool, 2006

DAILY

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Daily Coping Skills



Emotionally Dysregulated

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4-4-6-2



Slow Deep Breaths



Fidget

Weight Lifting


Emergency Skills



Swimming



Chewy



Wall Pushups