



SUPERCALM
Sensory Wellbeing Solutions for Children

IN CLASS REGULATION TOOLKIT

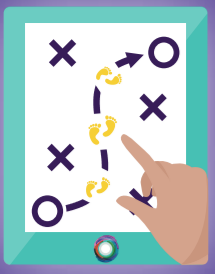
SUPPORTING OVERWHELM & EMOTIONAL WELLBEING



CREATING LEARNING ENVIRONMENTS THAT
SUPPORT DIVERSE REGULATION STYLES

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supercalmsensoryproducts.com





IN-CLASS REGULATION GUIDE

PROPOSED DURATION: 5 MINUTE

METHOD

Using Movement, Breathing & Deep Pressure

HOW IT WORKS

Movement and breathing influence the autonomic nervous system by reducing stress responses and increasing calm states.

KEY MESSAGE:

Slow Movement + Deep Pressure + Breathing = Regulated Students

PURPOSE

Support nervous system regulation, improve focus, and help all learner types feel grounded and organised.

WHEN TO USE

- During transitions*
- *At the start of lessons*
 - *After Yard Breaks*
 - *Before Focused Work*

When students show:

- *restlessness*
- *overwhelm*
- *reduced attention*

DELIVERY STEPS

1: Print & laminate the **BREATHING TOOL** visuals for students to choose which they prefer to use to start their in class regulation break.

2: Discuss the **'BREATHING + DEEP PRESSURE A POWERFUL REGULATION TOOL KIT** so students can fully understand the physiological change they can influence when they are experiencing overwhelm.

3. Use ambient / soft instrumental soundtrack with 60-100Bpm

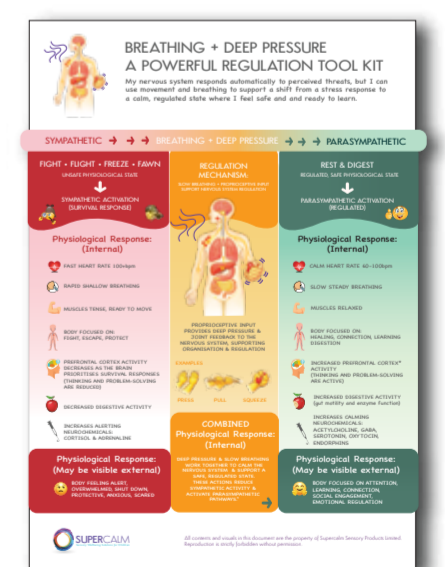
4. Model slow movement

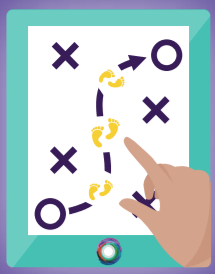
5. Guide breathing (inhale 4, hold 4, exhale 4)

6. Focus on slow controlled movements

7. Repeat 3 — 5 times, using both sides of the body equally where instructed

8. For best results, build these strategies into the daily routine and use consistently





THE PLAYBOOK

IN CLASS MOVEMENTS

SUPPORT THE NERVOUS SYSTEM FEEL ORGANISED, SAFE & READY TO LEARN

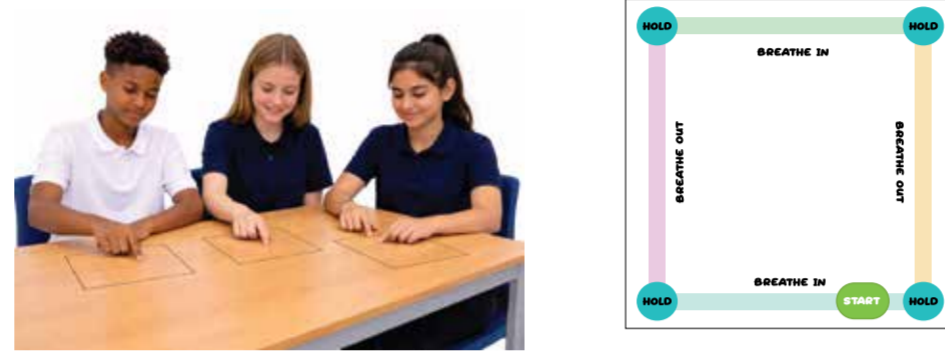
QUICK SQUEEZE

SLOW MOVEMENTS IN SYNC WITH BREATH.
BREATHE IN X4 SEC, HOLD X4 SEC, BREATHE OUT X4 SEC
5 FINGER BREATHING - EACH HAND



POWER MOVES

SLOW MOVEMENTS IN SYNC WITH BREATH.
BREATHE IN X4 SEC, HOLD X4 SEC, BREATHE OUT X4 SEC
BOX BREATHING - EACH HAND



BRAIN BOOSTER

SLOW MOVEMENTS IN SYNC WITH BREATH.
BREATHE IN X4 SEC, HOLD X4 SEC, BREATHE OUT X4 SEC
INFINITY LOOP - EACH HAND



x3 CAT COW

INHALE HOLD EXHALE

x5 TIPPY TOE DESK PRESS

INHALE HOLD EXHALE

x2 4 POINT TOUCH HOLD

ADD WEIGHTED BALL

INHALE HOLD EXHALE HOLD

INHALE + HOLD EXHALE + HOLD

x3 HOLD STRETCH & SLOW FOLD

INHALE EXHALE - HOLD INHALE

x5 CHAIR PRESS UP

INHALE HOLD EXHALE

x3 EACH SIDE EARTH QUAKES

INHALE HOLD EXHALE - HOLD INHALE - HOLD EXHALE - HOLD

x5 UP - HOLD - DOWN

INHALE HOLD EXHALE

x3 ROCKET BLAST

INHALE HOLD EXHALE

x3 EACH SIDE KNEE CRUNCHES

INHALE + HOLD EXHALE INHALE + HOLD EXHALE

x3 THE HEDGEHOG

INHALE HOLD EXHALE

x5 POWER STRETCH - FORWARD

INHALE HOLD EXHALE

x3 EACH SIDE TOE TOUCHES

INHALE HOLD EXHALE INHALE HOLD EXHALE

x5 PRAYER HANDS PRESS

INHALE HOLD EXHALE

x5 POWER STRETCH - OVERHEAD

INHALE HOLD EXHALE

x3 EACH SIDE STARFISH (LEFT SIDE + RIGHT SIDE)

INHALE HOLD EXHALE INHALE - HOLD EXHALE



BREATHING + DEEP PRESSURE A POWERFUL REGULATION TOOL KIT

My nervous system responds automatically to perceived threats, but I can use movement and breathing to support a shift from a stress response to a calm, regulated state where I feel safe and and ready to learn.

SYMPATHETIC → → → BREATHING + DEEP PRESSURE → → → PARASYMPATHETIC

FIGHT • FLIGHT • FREEZE • FAWN

UNSAFE PHYSIOLOGICAL STATE



SYMPATHETIC ACTIVATION
(SURVIVAL RESPONSE)



Physiological Response: (Internal)



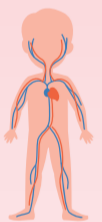
FAST HEART RATE 100+bpm



RAPID SHALLOW BREATHING



MUSCLES TENSE, READY TO MOVE



BODY FOCUSED ON:
FIGHT, ESCAPE, PROTECT



PREFRONTAL CORTEX ACTIVITY
DECREASES AS THE BRAIN
PRIORITISES SURVIVAL RESPONSES
(THINKING AND PROBLEM-SOLVING
ARE REDUCED)



DECREASED DIGESTIVE ACTIVITY



INCREASES ALERTING
NEUROCHEMICALS:
CORTISOL & ADRENALINE

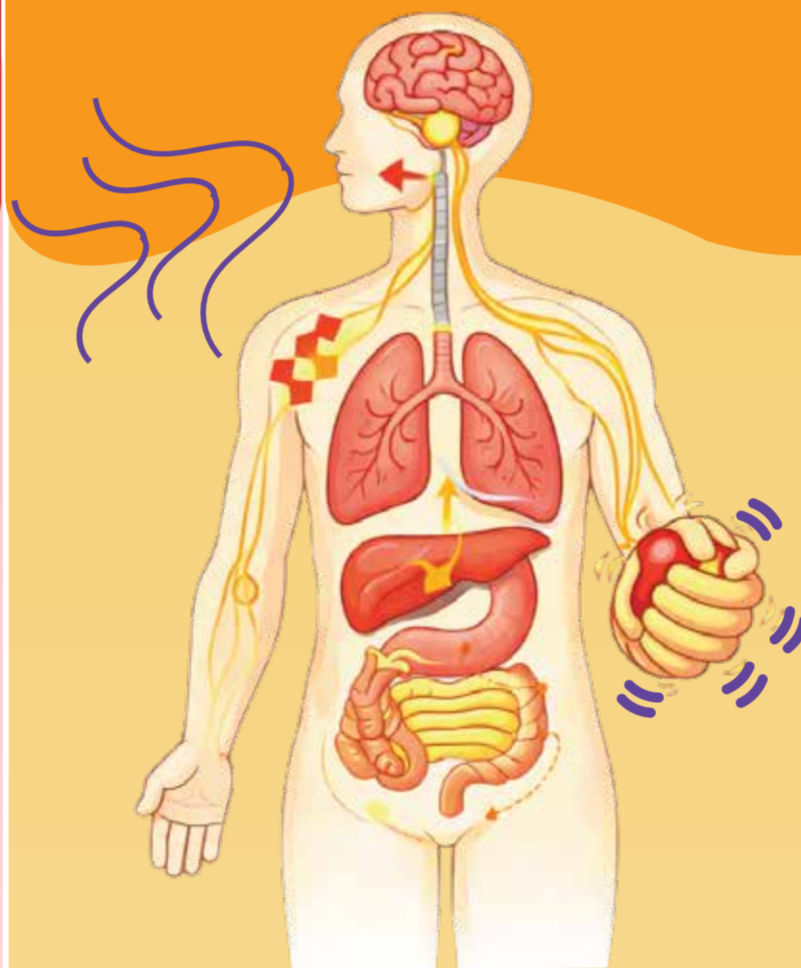
Physiological Response: (May be visible external)



BODY FEELING ALERT,
OVERWHELMED, SHUT DOWN,
PROTECTIVE, ANXIOUS, SCARED

REGULATION MECHANISM:

SLOW BREATHING + PROPRIOCEPTIVE INPUT
SUPPORT NERVOUS SYSTEM REGULATION



PROPRIOCEPTIVE INPUT
PROVIDES DEEP PRESSURE &
JOINT FEEDBACK TO THE
NERVOUS SYSTEM, SUPPORTING
ORGANISATION & REGULATION

EXAMPLES



PRESS



PULL



SQUEEZE

COMBINED Physiological Response: (Internal)

DEEP PRESSURE & SLOW BREATHING
WORK TOGETHER TO CALM THE
NERVOUS SYSTEM & SUPPORT A
SAFE, REGULATED STATE.
THESE ACTIONS REDUCE
SYMPATHETIC ACTIVITY &
ACTIVATE PARASYMPATHETIC
PATHWAYS." →

REST & DIGEST

REGULATED, SAFE PHYSIOLOGICAL STATE



PARASYMPATHETIC ACTIVATION
(REGULATED)



Physiological Response: (Internal)



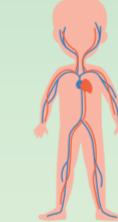
CALM HEART RATE 60-100bpm



SLOW STEADY BREATHING



MUSCLES RELAXED



BODY FOCUSED ON:
HEALING, CONNECTION, LEARNING
DIGESTION



INCREASED PREFRONTAL CORTEX*
ACTIVITY
(THINKING AND PROBLEM-SOLVING
ARE ACTIVE)



INCREASED DIGESTIVE ACTIVITY
(gut motility and enzyme function)



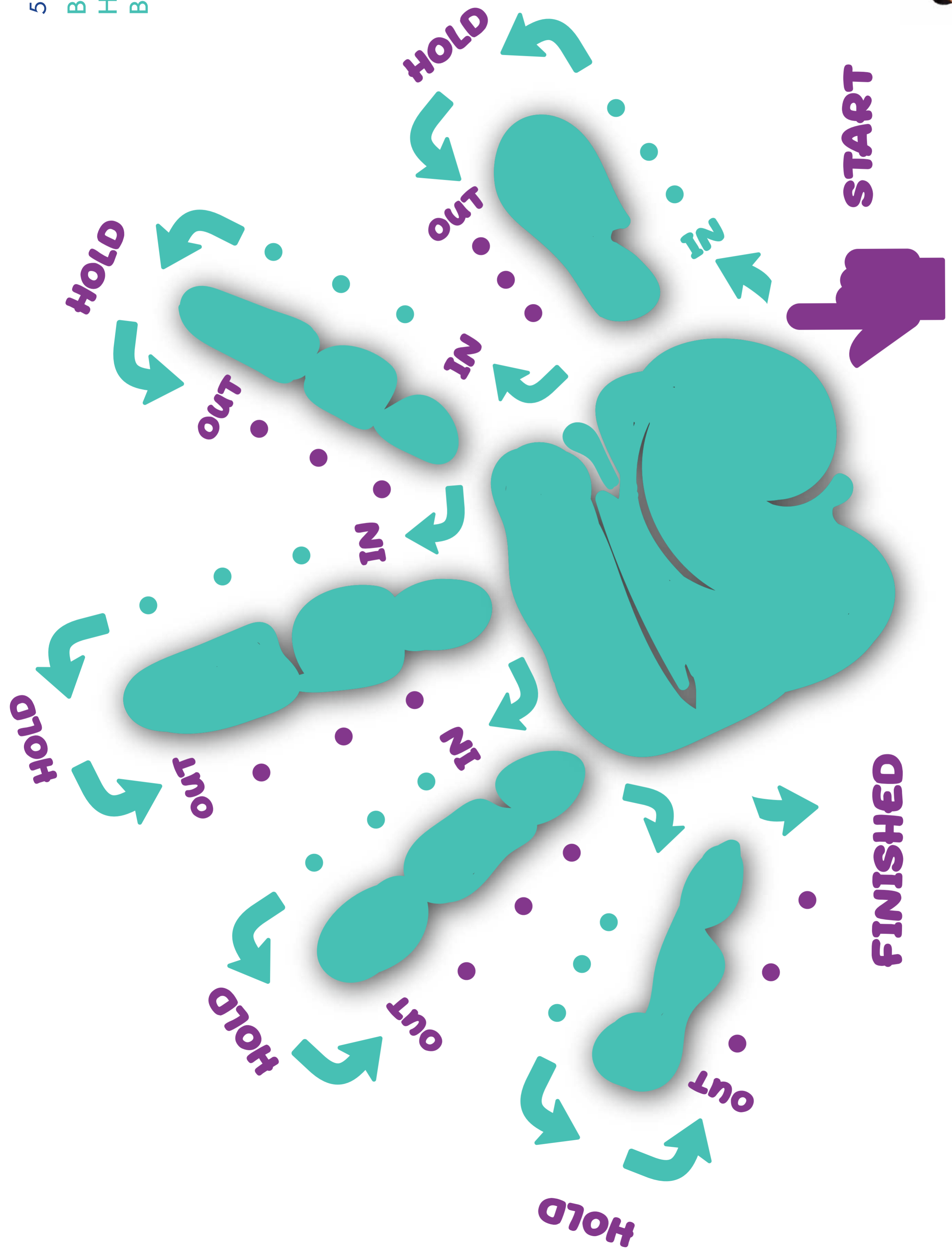
INCREASES CALMING
NEUROCHEMICALS:
ACETYLCHOLINE, GABA,
SEROTONIN, OXYTOCIN,
ENDORPHINS

Physiological Response: (May be visible external)

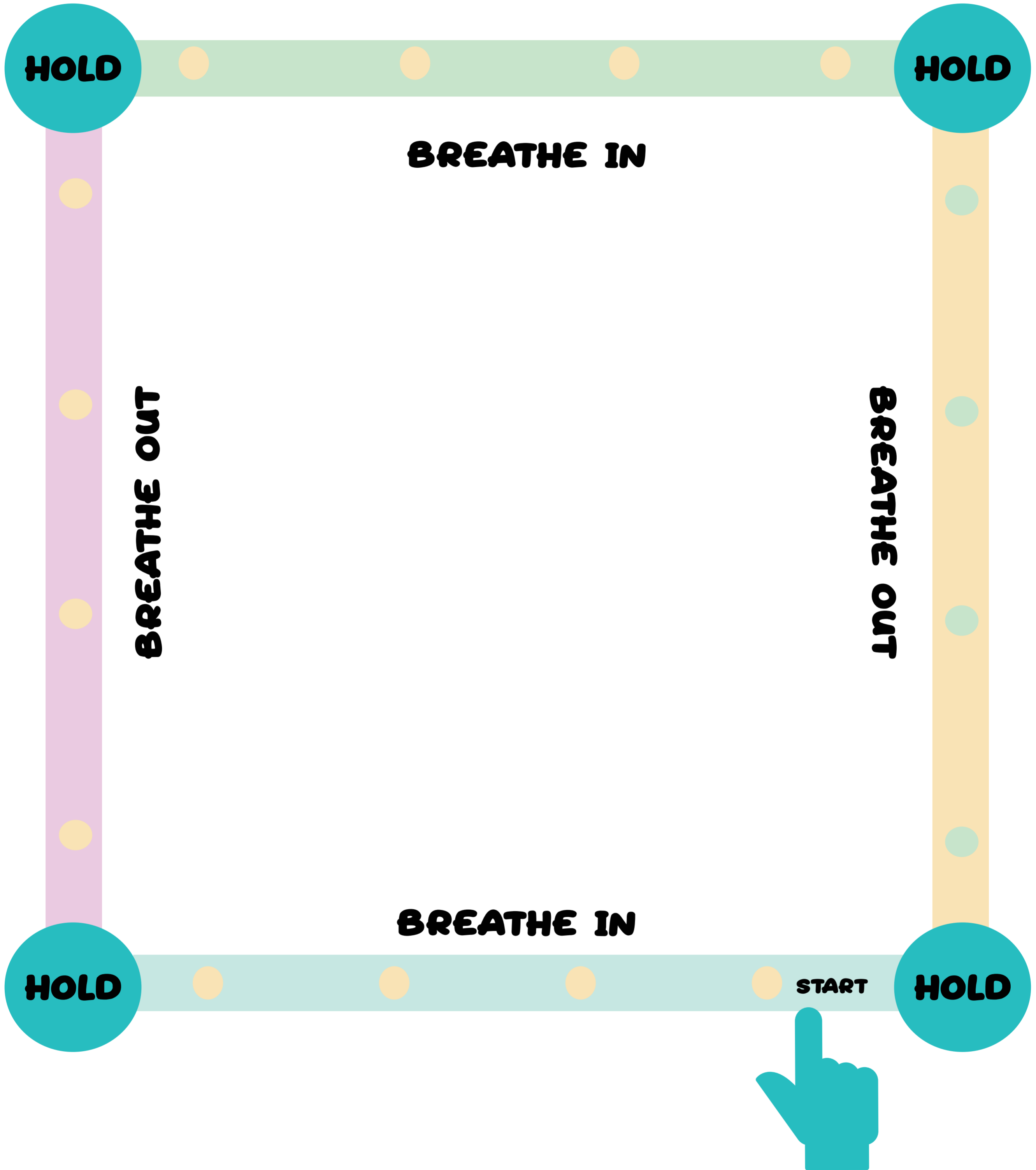


BODY FOCUSED ON ATTENTION,
LEARNING, CONNECTION,
SOCIAL ENGAGEMENT,
EMOTIONAL REGULATION

5 FINGER BREATHING
BREATHE IN X4,
HOLD X 4
BREATHE OUT X 4



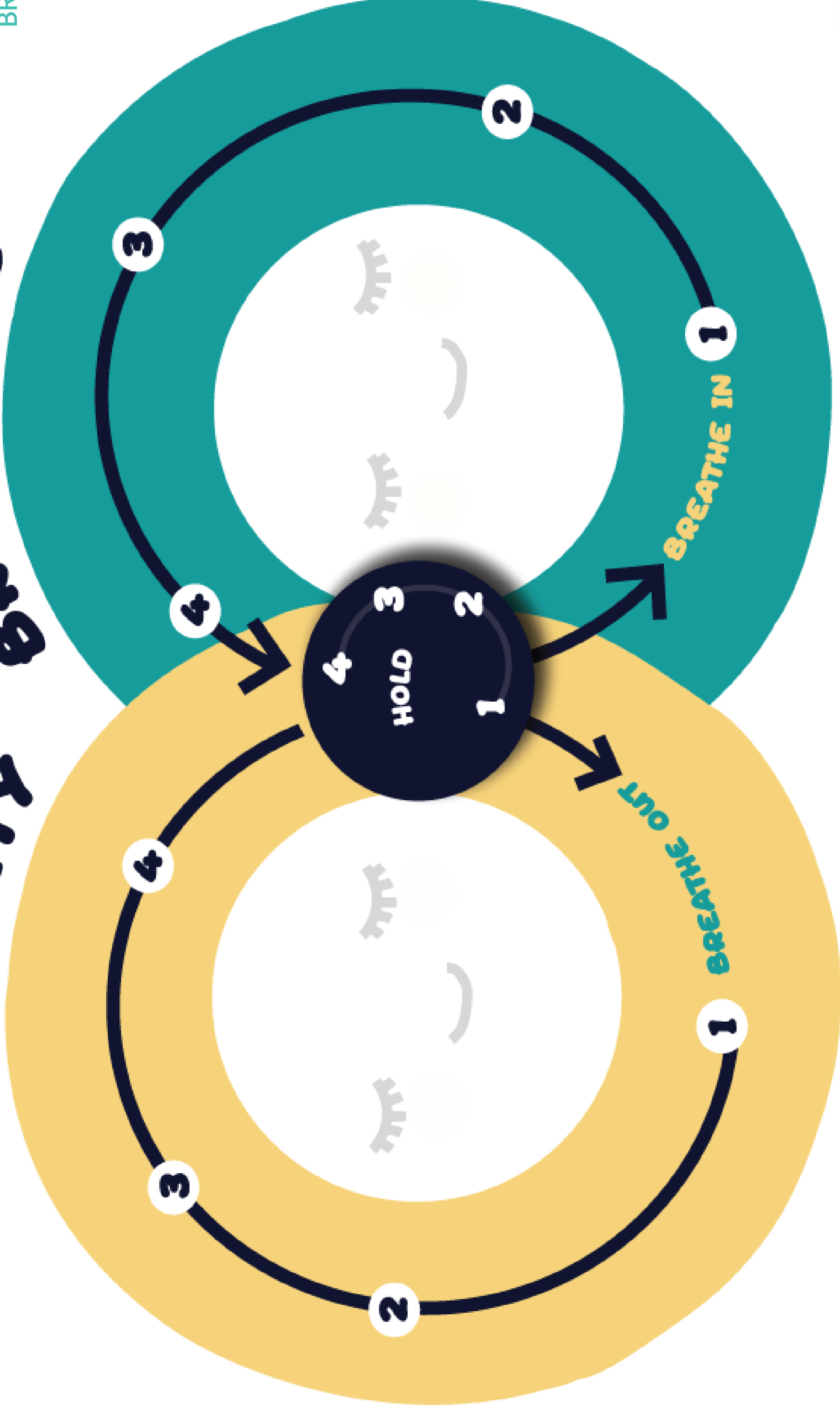
BOX BREATHING
BREATHE IN X4, HOLD X 4, BREATHE OUT X 4

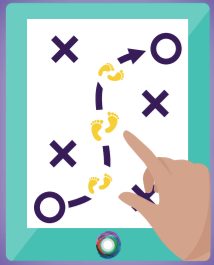


INFINITY BREATHING

BREATHE IN X 4,
HOLD X 4
BREATHE OUT X 4

INFINITY BREATHING





IN CLASS MOVEMENTS

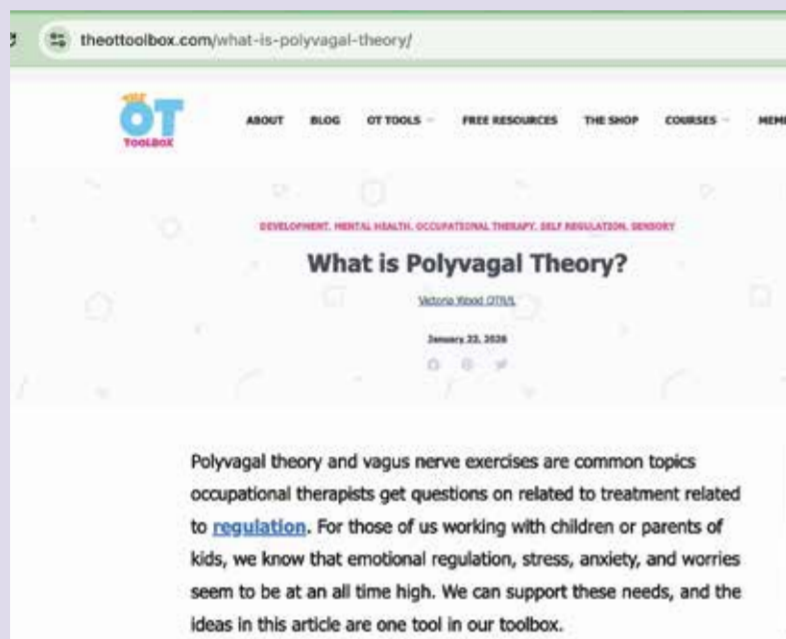
SUPPORT THE NERVOUS SYSTEM FEEL ORGANISED, SAFE & READY TO LEARN

LEARN MORE - RECOMMENDED SOURCES

WEBSITES

2 The OT Toolbox is occupational therapist lead resource providing clear and accessible information. They break down complex concepts into practical, easy-to-understand language, making it highly suitable for educators and school-based settings.

<https://www.theottoolbox.com/what-is-polyvagal-theory/>



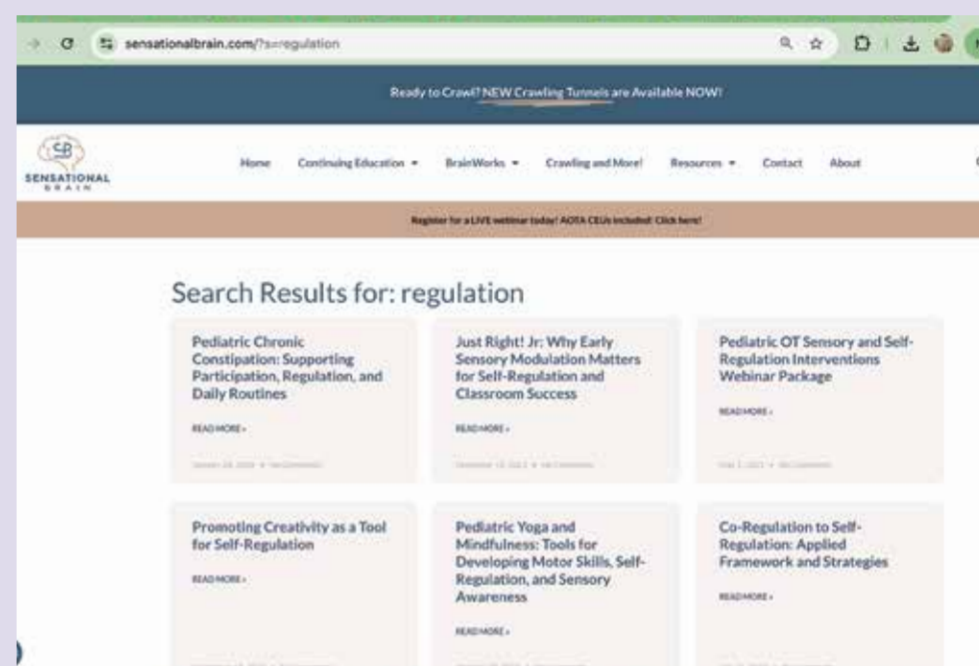
3 Soundsory explains why movement helps regulation (not just what to do). Includes graded activities (easy - complex). Links proprioception to attention, posture, and emotional regulation

<https://soundsory.com/movement-activities-for-kids/>



1 Sensational Brain offers a comprehensive range of on-demand webinars focused on sensory processing, regulation, and nervous system development. The platform presents evidence informed content in a clear and practical way, supporting both understanding and application.

<https://sensationalbrain.com/ceu/on-demand-webinars/>



Middletown Centre for Autism — Emotional Regulation Podcast

PODCAST

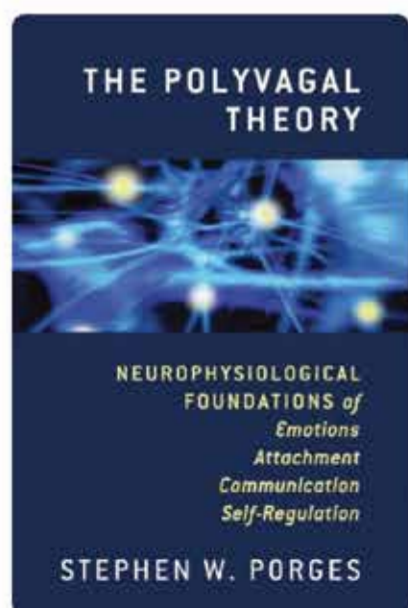
In this episode, educator Kari Dunn Buron discusses emotional regulation with Dr Fiona McCaffrey, sharing practical strategies to help children develop self regulation skills.

Why this is useful:

Clear explanation of emotional regulation in children Practical strategies for schools and home Links directly to self-regulation and behaviour support

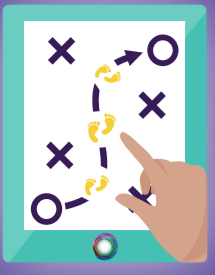
<https://podcasts.apple.com/gb/podcast/kari-dunn-buron/id1554057325?i=1000509513184>

BOOKS



The Polyvagal Theory, developed by Stephen Porges, helps explain how students' behaviour is linked to their nervous system state. When the body feels safe, students can engage, connect, and learn; when it detects threat, survival responses take over.





IN CLASS MOVEMENTS

SUPPORT THE NERVOUS SYSTEM FEEL ORGANISED, SAFE & READY TO LEARN

OUR SENSORY PATHWAYS - UNIVERSAL DESIGNED TO INCLUDE WALL STATIONS: ALERTING, ORGANISING, CALMING MOVEMENT SEQUENCE

3



MONKEY MOVEMENT WALL LADDER. IDEAL FOR CALMING DEEP PRESSURE

SPINNING WHEEL RANGE: ANIMAL WALKS, CORE BUILDING OR YOGA MOVEMENTS

4

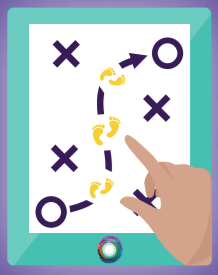


5



Regulation tools that support access to learning while offering choice & respecting a students drive for autonomy.





IN CLASS MOVEMENTS

SUPPORT THE NERVOUS SYSTEM FEEL ORGANISED, SAFE & READY TO LEARN

TOP 5 CORRIDOR OR HALL REGULATION STATIONS

OUR SUPERCLIMBER - TRANSVERSE, HORIZONTAL WALK WALL. HIGHLY REGULATING PROPRIOCEPTIVE INPUT MOVEMENT STATION

1



An effective whole-body regulation tool for schools. By engaging both upper and lower body coordination, it supports brain connectivity, strengthens cognitive & motor development encouraging rich sensory exploration while providing deep pressure input that helps regulate the nervous system and promote a calm, organised state.

SUPER STAR GYM - PUNCH PAD & RESISTANCE BAND COMBINATION WALL

2



A sensory regulation station designed to deliver deep pressure proprioceptive input, supporting nervous system regulation while developing coordination, balance, motor skills, and muscular strength.



SUPERCALM

Sensory Wellbeing Solutions for Children

OUR MISSION

To design and deliver innovative sensory regulation tools & practical know how that empowers educators to create accessible, safe inclusive learning environments.

By combining evidence based practice with practical design SUPERCALM aims to support schools in building the tools, skills, awareness & confidence needed to nurture every child's' potential and promote genuine Neuro affirming environments where neurodivergent learners can thrive.

OUR MOVEMENT
BREAKS WORK
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