

The 4B's of Self Control

A 4-step method for relaxing tension, refocusing & calming



Brake:

This is putting the “brakes” on excess energy to stop it.

Press your hands together firmly for 3-5 seconds.

Release.

Repeat 3 times.



Breathe:

Breathing slowly and deeply helps regulate the Central Nervous System.

Place hands over belly button and take 3-5 deep slow breaths.

When you breathe in, your belly should fill up with air and push your hand outwards.



Brain:

Interlace fingers & gently press down on your head 10 times to “wake up” the brain. Sensory receptors (or “Brain Buttons”) in the scalp create a grounded, alerting sensation.

Don't forget to gently “wake up” the sides, front and back of the brain too!



Body:

Firmly but gently “hug” or apply deep pressure to your arms & shoulders.

This alerts the muscles & nerves deep in the skin creating a soothing & alerting sensation in the body.

Use as a transition between activities, before morning meetings or circle time & as a calming activity upon waking or before bed. This exercise can also be used to release excess tension, irritation and to regain focus before test taking or any other time children are restless.