



# SQUEEZE, CLICK, & TWIST

## *Purpose & Focus*

Helps youth and staff alike to understand the physical symptoms of stress and dysregulation. Understanding oneself helps to know when to start using techniques and understanding others helps to identify an issue and work to co-regulate.

## *Participants*

Any number of participants.

## *Time Allotment*

30+ Minutes

## *Activity Level*

Low

## *Materials*

- Bowl of stress balls and other fidgets and sensory toys
- Check Engine Gauge

## *Method*

- Pass a bowl/basket around with different sensory toys and ask them to pick a favorite.
- Talk to participants about self-regulation and ask them what types of tools they use to calm themselves.
- Pass around the check engine plate to see where everyone is.

## *Discussion*

- How hard is it to focus when your engine is too high?
- What does it look like for you when your engine is too high?
- What is your favorite tool or toy that helps? (Sensory toy, gum, sour food, etc...)
- Does eating snacks throughout the day and drinking lots of water help?