



See You Later Alligator

By: Kristin Edlin
Healthyexpressi

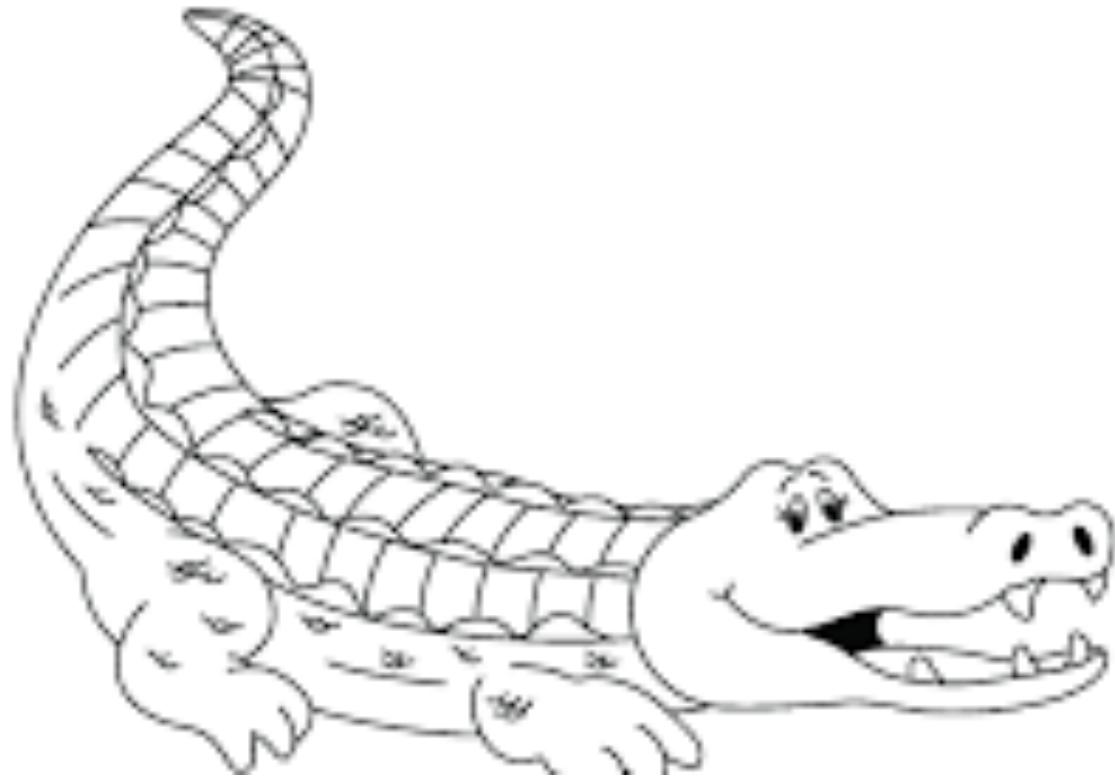


A Note From Your Therapist

I know so much change can bring up a lot of feelings for you. Change can be very scary and almost feel unsafe. Let's take some time each day to practice ways we can regulate and lean in our safety.

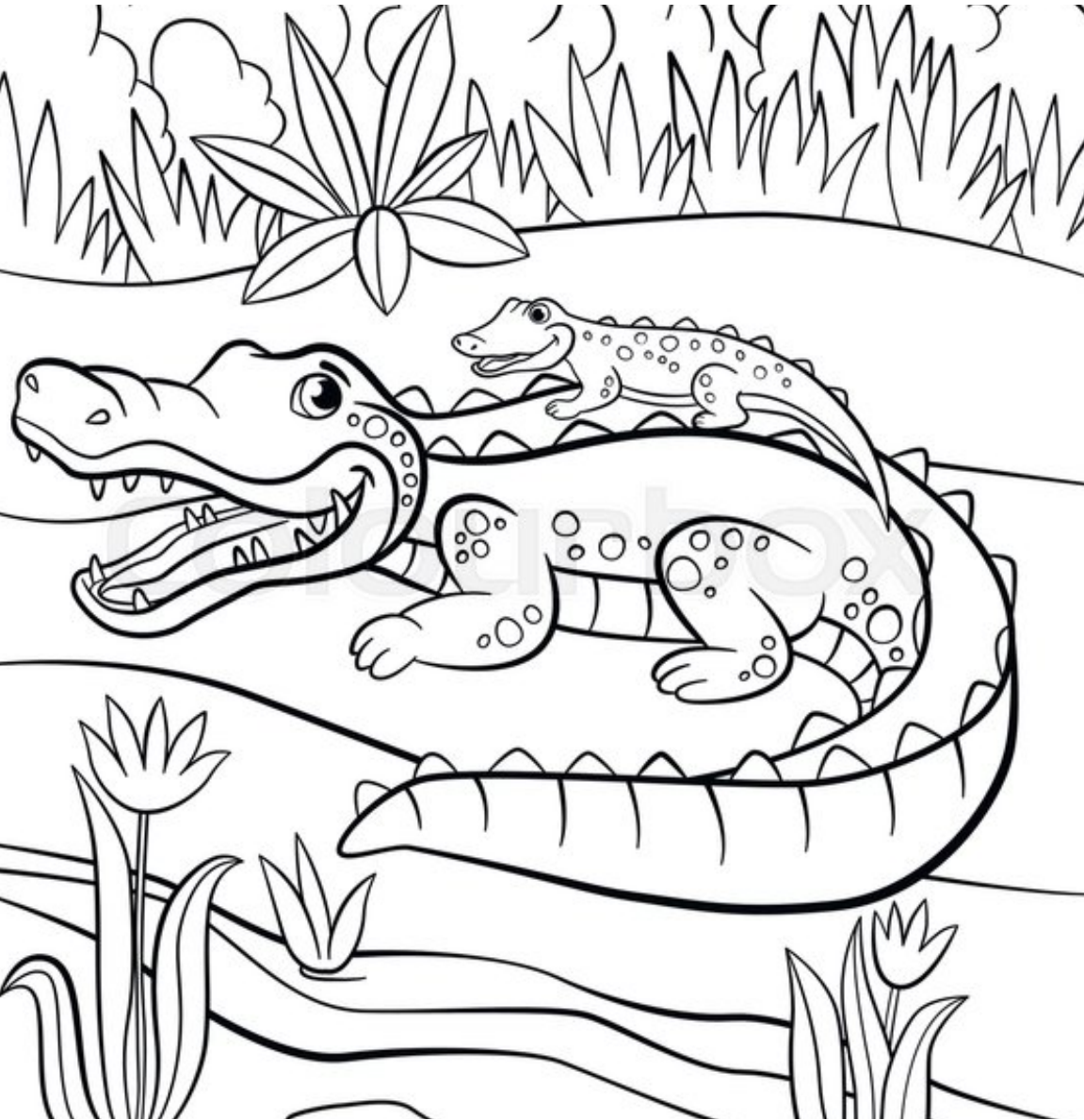
Even though we will not be seeing each other in person for a little while, I am still here for you and we can work on some great stuff together as you can keep practicing it.

Aa *is for*
Alligator



Let's
Regulate...

Color this
Alligator
nice and
slow.



An Alligator
lays nice and
low, on it's
belly. Lets
color in these
Alligators and
give them each
a name.

Big Alligator:

—
—

Little Alligator:

—
—



Let's get a
blanket or
towel to
practice
being as
mindful as
ALLIGATOR



SAFE PLACE

Alligator's safe place is the swamp. The swamp is the Alligator's home. In the swamp what do you think would make the Alligator feel safe in it's

LET'S FIND A SAFE SPACE
IN YOUR SPACE!!!





SAFE PLAY
LET'S FIND A SPACE
SPACE IN YOUR
SPACE!!!

Go into each space and
decide which one you
think is the
safest in.

I have given you some
examples, but be creative
with your
your space.

MY SAFE PLACE

Draw your SAFE PLACE below.





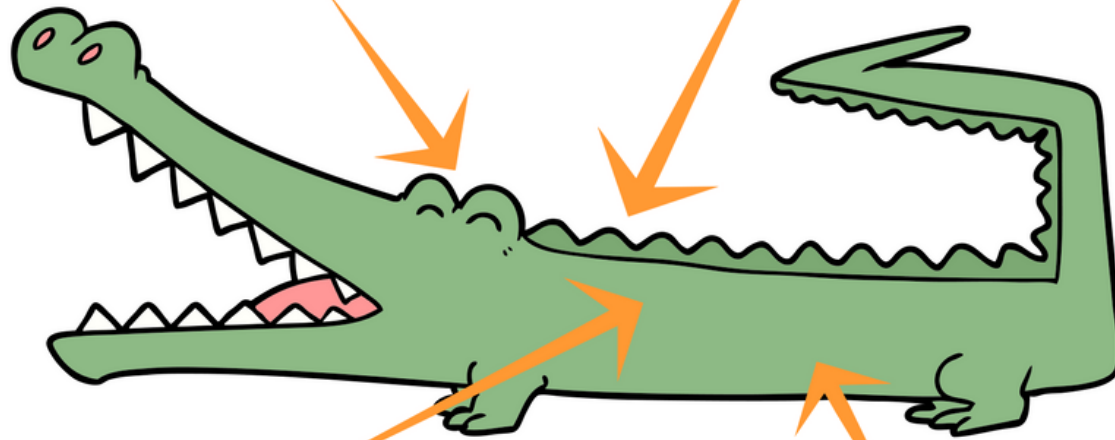
CROCODILE MINDFULNESS

1. Go to your **SAFE PLACE**
2. Bring your towel or blanket to your **SAFE PLACE**.
3. Practice your breathing.
4. Adjust to your **SAFE PLACE**.
5. Use your brain power to turn off the sounds in your world.
6. Pay attention to how you feel before you practice.
7. Pay attention to how you feel after you practice.

Crocodile Pose

Enhances eye-hand coordination, for sporting skills, reading & writing

Develops body awareness

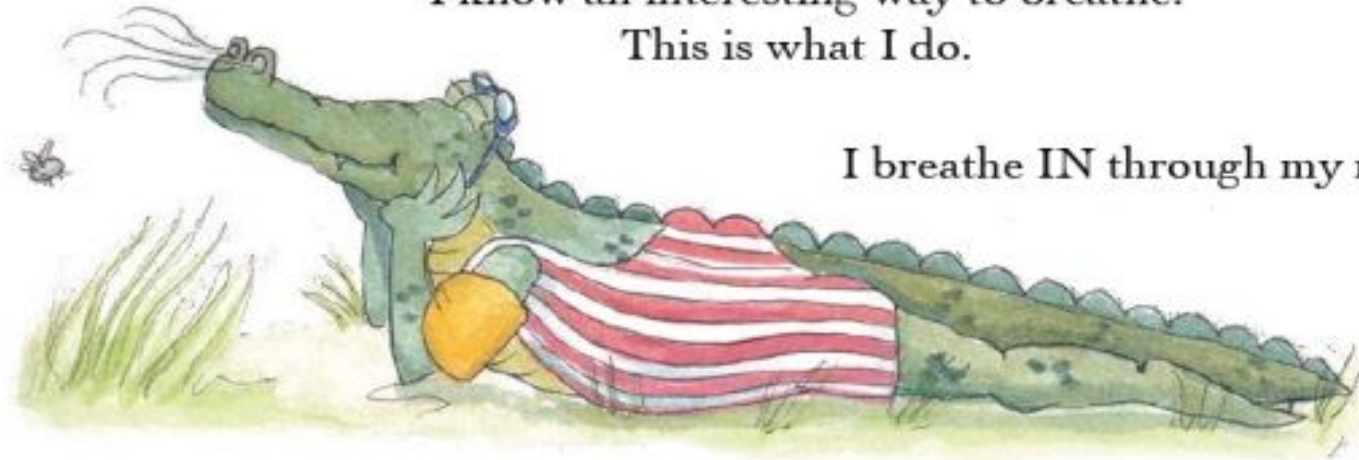


Increases awareness of the 'body midline' for dressing quickly

Strengthens core muscles

Crocodile listened carefully, smiled, and said:

“I know an interesting way to breathe.
This is what I do.



I breathe IN through my nose.

Then I breathe OUT through my nose.”



CROCODILE



bolson



Check Out Colonel Crocodile

<https://youtu.be/obzFP6eE>



You did such a
GREAT JOB
practicing being
PRESENT,
MINDFUL and
REGULATING all
by yourself!

Practice as much
as you need!