

Handout for the Therapro webinar  
**Polyvagal in Schools: From Science to Application in Clinics and Classrooms**  
 presented by Dr. Debra Em Wilson - April 25, 2023



One of you will read the words in the blue boxes, and one of you will read the words in the red boxes. Take turns with your partner, like a game of ping-pong, saying each of your words as fast as you can until you come to the end of the words.

Don't forget to let your partner say their word before you move on! How fast can you go?

Start

<b>neuroception</b>	<b>retuning</b>	<b>ventral vagal</b>
<b>vagal brake</b>	<b>dorsal vagal</b>	<b>micromoments</b>
<b>sympathetic</b>	<b>glimmers</b>	<b>resilience</b>
<b>microconnection</b>	<b>buoyancy</b>	<b>polyvagal</b>
<b>befriending</b>	<b>theory</b>	<b>anchors</b>

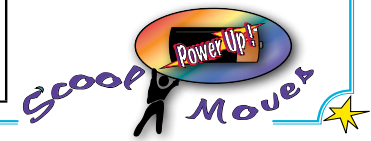
Stop

For even more fun, when you finish this side of the card, flip it over and use these words for Speedy Spelling Spots!

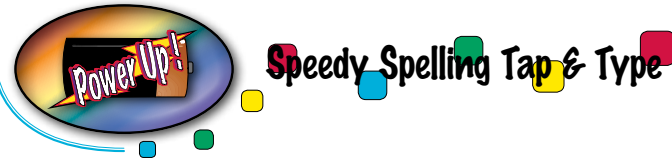
Day of the week: \_\_\_\_\_

Clear Form

CCSS:



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Write words that you need to learn to spell in the boxes provided. With your fingers or tapping sticks, tap on the letters as you spell your word. You can take turns with your partner spelling your blue or red words. For added challenge, alternate hands when tapping.

q	w	e	r	t	y	u	i	o	p
a	s	d	f	g	h	j	k	l	
z	x	c	v	b	n	m			

Here are the words I need to practice spelling:


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Brain Spark Reading Flips™

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### Speedy Spark Word Ping-Pong

One of you will read the words in the blue boxes, and one of you will read the words in the red boxes. Take turns with your partner, like a game of ping-pong, saying each of your words as fast as you can until you come to the end of the words. Don't forget to let your partner say their word before you move on! How fast can you go?

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For even more fun, when you finish this side of the card, flip it over and use these words for Speedy Spelling Spots!



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### Speedy Spark Word Ping-Pong

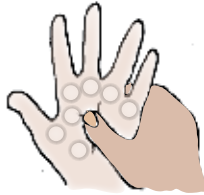
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Start →			
			Stop

For even more fun, when you finish this side of the card, flip it over and use these words for Speedy Tap & Type!

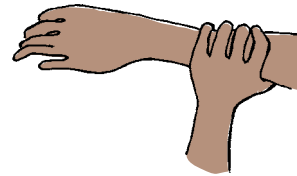


## I Can Calm Myself



### I can do Dots.

Use the thumb to press firmly all around the palm of the opposite hand for a count of 10. Take a deep breath before switching hands.



### I can do Squeezies.

Firmly squeeze up the forearms, upper arms, and shoulders. Take a deep breath before switching arms.



### I can do Listening Ears.

Gently massage and unroll the ears, moving from top to bottom.



### I can do Pretzels.

Interlock fingers in front of the chest. Relax shoulders. Cross legs. Place tongue on the roof of the mouth. Hold for one minute. Uncross legs. Take a deep breath.



### I can do Heart To Home.

Place one hand over the heart, the other over the belly, and take three deep breaths. Come to a quiet, focused place in the body.



### I can do Calming Taps.

Cross arms across chest. Alternate tapping the right shoulder and then left shoulder with a slow, rhythmic beat.

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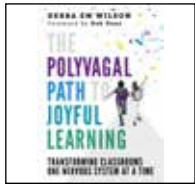


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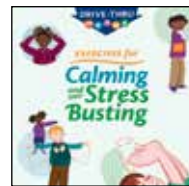
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