

BCBA SUPERPOWERS

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The Regulation Guide

Your BCBA superpower is keeping children regulated, motivated, and excited to learn. Your core strengths may be supporting nervous system regulation, social-emotional learning & development, and providing emotional safety.

Regulation Stations

Regulation stations are small, designated areas in the environment where children can access sensory supports such as weighted blankets, fidgets, balance boards, or soft seating. Design these areas so that they are intriguing and direct to them when interfering behavior starts.

Co-Regulation Games

Activities like slow balloon volleyball, pretending to blow out candles, gentle squeezes with permission, and balloon breathing give the child repeated practice with deescalation techniques and attainment to self. Model calm before expecting calm; the adult demonstrates regulation first so the child has something to follow.



I feel **ANGER!**

My body wants to scream or swing my arms.

My body feels big and loud. I need space or a break.

I feel **ANXIETY!**

My body feels like something is wrong. My stomach is feeling twisty. My head feels loud. I need help!

I feel **JOY!**

My body wants to smile and laugh. My body wants to move fast. My body feels safe. I want to play!

I feel **SADNESS!**

My body feels slow and heavy. My eyes feel like they tickle. I feel quiet. I need comfort!

I feel **FEAR!**

I want to run away. My heart is feeling fast. I don't feel safe. I need help!



