

Examples: Co-Regulatory Patterns that Can Be Used in the Classroom or at home

1. Clean-Up Time (Can be done with art supplies, balls outside, etc.)

- a. I put away, you put away (same action, different time)
- b. We both put away together (same action, same time)
- c. We both carry the container and put away (same action, same time)
- d. I hold the container, you put away (different action, same time)
- e. I hand you the item, you put it away (different action, different time)

2. Music Time

- a. I sing part of the song, then you sing part of the song (same action, different time)
- b. We both sing the song together (same action, same time)
- c. I sing the song while you do a movement (clap, drum, dance) (different action, same time)
- d. I sing the song, then you do a movement (different action, different time)

3. Dance Time

- a. I do part of the dance, then you do part of the dance (same action, different time)
- b. We both dance together (same action, same time)
- c. I sing, while you dance (different action, same time)
- d. I sing, then you dance (different action, different time)

4. Ball Play

- a. I throw the ball to partner, then you throw the ball to partner (same action, different time)

- b. We both throw the ball against the wall at the same time (same action, same time)
- c. I hold a basket and you throw (different action, same time)
- d. I throw the ball, then you catch the ball (different action, different time)
- e. I throw the ball, then you kick the ball (different action, different time)
- f. I throw the ball, then you hit with a bat (different action, different time)

5. Puzzle (can be used with blocks also)

- a. I put a piece in, then you put a piece in (same action, different time)
- b. We both put the pieces in together (same action, same time)
- c. I hand you a piece, then you put it in (different action, different time)
- d. I hold the puzzle box with picture (can describe what the pieces to look for), while you put the pieces in (different action, same time)

6. Cleaning the Desks

- a. I wipe, then you wipe (same action, different time)
- b. We both wipe together (same action, same time)
- c. I spray, then you wipe (different action, different time)
- d. You wipe, then I dry (different action, different time)

7. Sweeping

- a. I sweep, then you sweep (same action, different time)
- b. We both sweep together (same action, same time)
- c. I sweep, you hold the dustpan (different action, same time)
- d. I sweep/put in dustpan, you throw dustpan contents in trash (different action, different time)

8. Craft Time

- a. I color, then you color (same action, different time)
- b. We color together (same action, same time)
- c. I hold the craft together, while you tape (different action, same time)
- d. I hold the item, while you cut (different action, same time)
- e. I glue, you put on (different action, different time)

9. Hole Punch and Folders

- a. You hole punch, I hole punch (same action, different time)
- b. We hole punch together both pressing down at same time (same action, same time)
- c. I hold paper in hole punch, while you press holepunch down (different action, same time)
- d. You put paper in hole punch, I press (different action, different time)
- e. You hole punch, I put into folder (different action, different time)

10. Food Prep Time (making smoothies, trail mix, salad, etc.)

- a. I pour, you pour (same action, different time)
- b. We both put items in at the same time (same action, same time)
- c. I hold the cup or bowl, while you pour (different action, same time)
- d. I give you the item, and you put it on the table (different action, different time)