

# Neuro-developmental Co-regulating Activities

AREA OF THE BRAIN	GENERAL FUNCTION	APPROACH	ATTACHMENT-BASED PLAY IDEAS
<b>BRAINSTEM</b>	<ul style="list-style-type: none"> <li>• Focus</li> <li>• Attunement to others</li> <li>• Attachment to others</li> <li>• Stress responses</li> </ul>	Kinaesthetic/ sensory	<ul style="list-style-type: none"> <li>• Sensory use of art materials</li> <li>• Texture and tactile elements</li> <li>• Self-soothing arts experiences (visual, music, movement)</li> <li>• Experiences of connection and approval</li> <li>• Rituals/structure in presentation</li> </ul>
<b>MIDBRAIN</b>	<ul style="list-style-type: none"> <li>• Motor skills</li> <li>• Coordination</li> <li>• Stress responses</li> <li>• Attunement to others</li> <li>• Attachment to others</li> </ul>	Kinaesthetic/ sensory	<ul style="list-style-type: none"> <li>• Physically oriented activities (cross the midline; engage body)</li> <li>• Learning skills via art and play</li> <li>• Self-soothing arts experiences (visual, music, movement)</li> <li>• Experiences of connection and approval</li> <li>• Rituals/structure in presentation</li> </ul>
<b>LIMBIC SYSTEM</b>	<ul style="list-style-type: none"> <li>• Affect regulation</li> <li>• Pleasure</li> <li>• Relationships</li> <li>• Attunement</li> <li>• Attachment</li> </ul>	Perceptual	<ul style="list-style-type: none"> <li>• Masks, puppets for projection and relational play</li> <li>• Arts and crafts for creative expression and skill enhancement</li> <li>• Group art therapy/family art therapy</li> <li>• Self-soothing arts experiences (visual, music, movement)</li> <li>• Rituals/structure in presentation</li> </ul>
<b>CORTEX</b>	<ul style="list-style-type: none"> <li>• Cognition</li> <li>• Executive function</li> <li>• Self-image</li> <li>• Social competency</li> <li>• Communication</li> </ul>	Cognitive/ symbolic	<ul style="list-style-type: none"> <li>• Cognitive-based methods</li> <li>• Bibliotherapy with arts and play (storytelling their life)</li> <li>• Arts for skill enhancement and self-esteem Teamwork</li> <li>• Problem-solving skills</li> </ul>