



Up-regulate

Up-regulating means giving ourselves sensory input that brings our arousal level up into our **Just Right State** so that we are able to attend, concentrate and do the things we want to do. For example, at the start of the day, I stretch my body, open the window wide, wash my hands and face in cold water and have a cup of tea. This daily up-regulating routine brings me into my Just Right State and I am ready for the day. Similarly, if I am driving down the M4 late on a rainy night, I might up-regulate myself by having a piece of chewing gum, opening the window for some fresh air and putting some lively music on the radio nice and loud. A good tip is to remember that *movement up-regulates*. Although most of us know what we need to do to up-regulate ourselves so that we can do the things we want to do, children with additional learning needs may find it difficult to up-regulate themselves and get into the Just Right State. As a result, these children may spend some, much or all of their day in a state of distress and **dysregulation**. They are likely to experience reduced distress and dysregulation over the course of their day if their caregivers are able to support them by means of **co-regulation**.