



THRC Inventory

Please contact us at 905-875-4600 x101 or info@thrc.ca with any request for borrowing our resources.

Self-Regulation

Resource Name	Bin Number
Calming	11731
Calming Down with Music and Movement	948
Help Me Keep My Body Calm	11454
Naptime Support	5045
Self-Regulation: Fidget Resources	6514
Self-Regulation: Find Your Calm	11773
Self-regulation: Strategies and Tools	6515
Tactile Exploration	3252
Understanding Feelings	1887