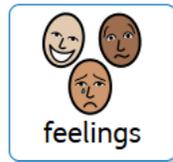
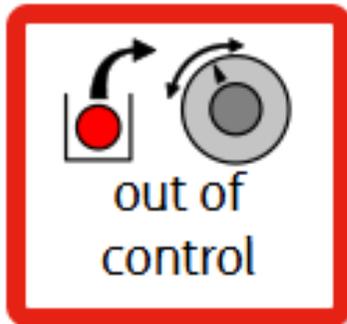
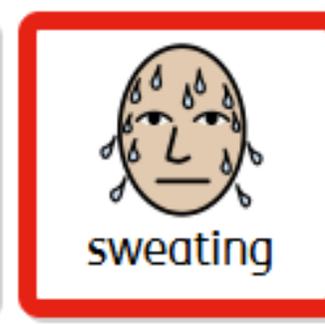
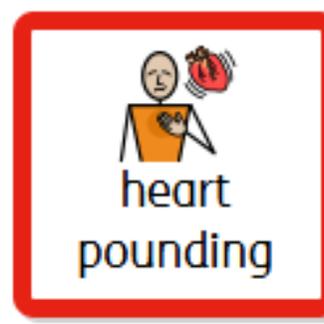
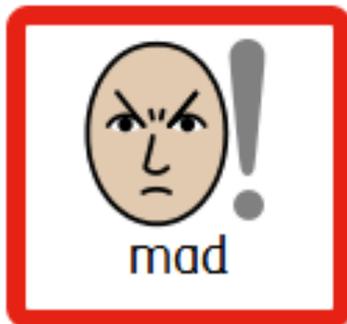
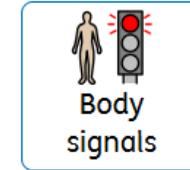


# The ZONES of Regulation

Feelings



Body signals



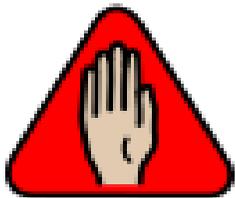
**The RED ZONE**  
**We need to try to stay safe and calm down.**



# Toolkit



toolkit



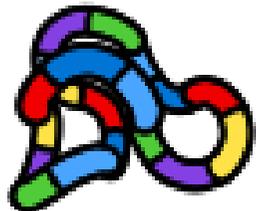
stop



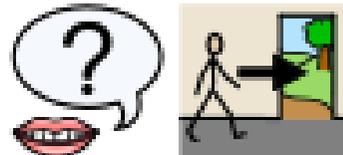
speak to an  
adult



take slow,  
deep breaths



fidget toys



ask to go to  
a quiet space

5

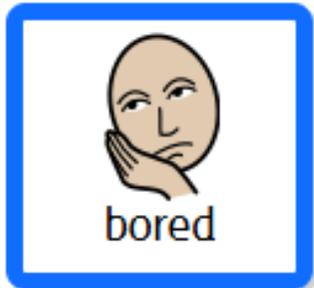
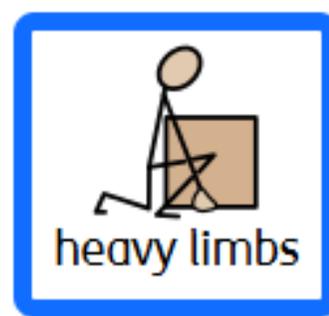
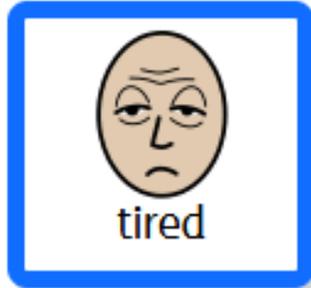
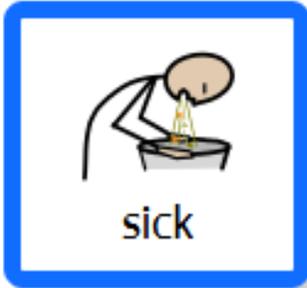
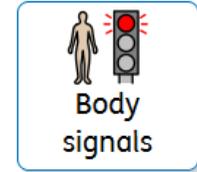
Name 5  
things

# The ZONES of Regulation

## Feelings



## Body signals



**The BLUE ZONE**  
We need to help  
wake up our  
bodies.





# Toolkit



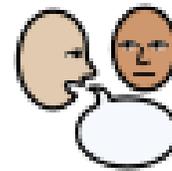
toolkit



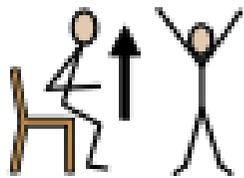
drink water



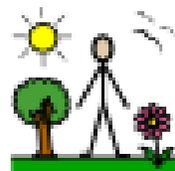
movement  
break



talk to an  
adult



stand up  
and stretch



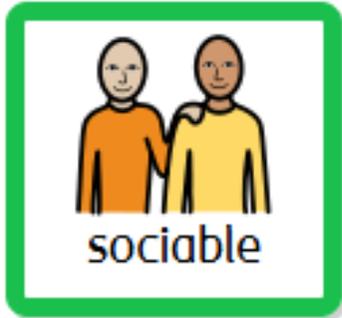
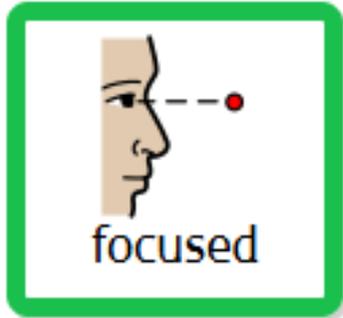
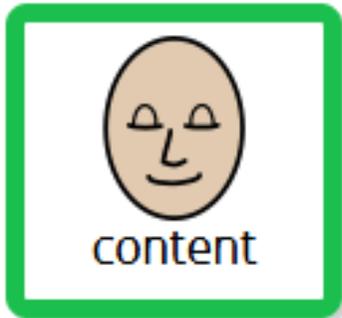
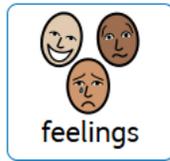
get some  
fresh air



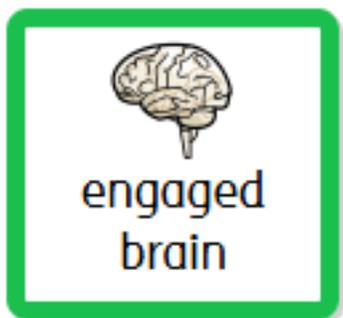
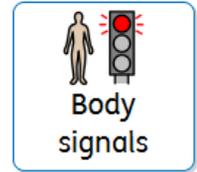
rest

# The ZONES of Regulation

## Feelings



## Body signals



**The GREEN ZONE**

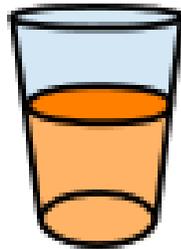
When in the Green Zone we regulate by using tools and supports that keep us moving forward comfortably, helping us feel ready to go.



# Toolkit – stay regulated



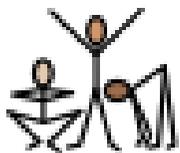
eat a healthy  
snack



drink water



pause for a  
moment



exercise at  
play time



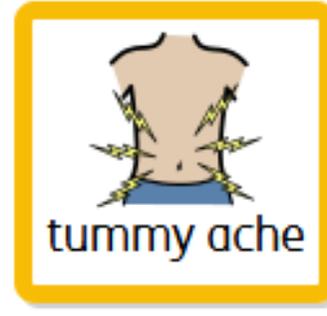
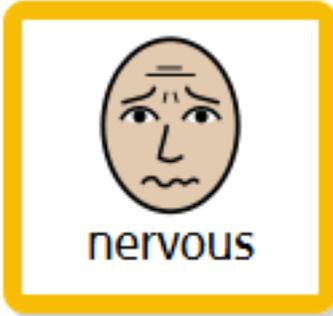
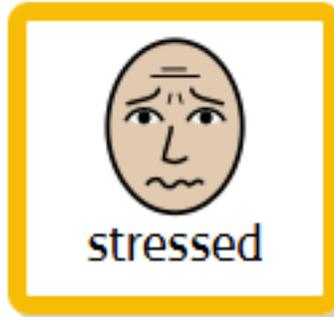
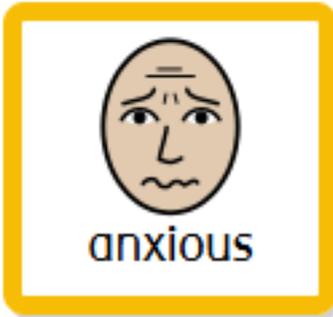
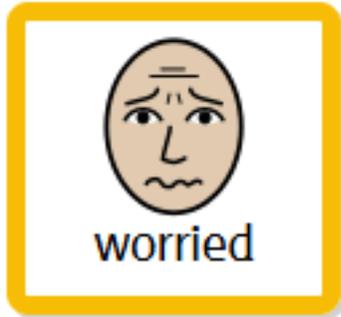
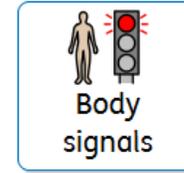
go to the toilet  
at break time

# The ZONES of Regulation

## Feelings



## Body signals



**The YELLOW ZONE**

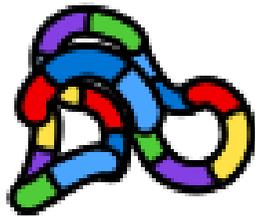
In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger



# Toolkit



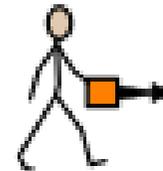
toolkit



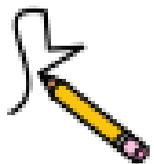
fidget toy



go for a  
walk



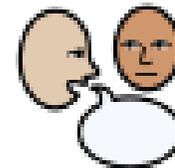
take slow  
breaths



draw or colour  
a picture

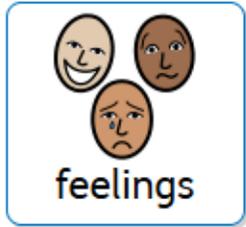
5

Name 5  
things



tell a trusted  
adult

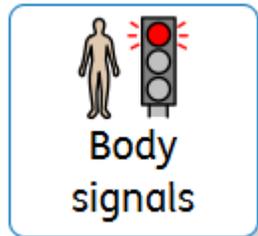
# Key word definitions



Words we can use to communicate how we feel.



These are things we can do to help.



These things might happen inside our body.



The ability to understand and manage your own energy, emotions, behaviours and attention