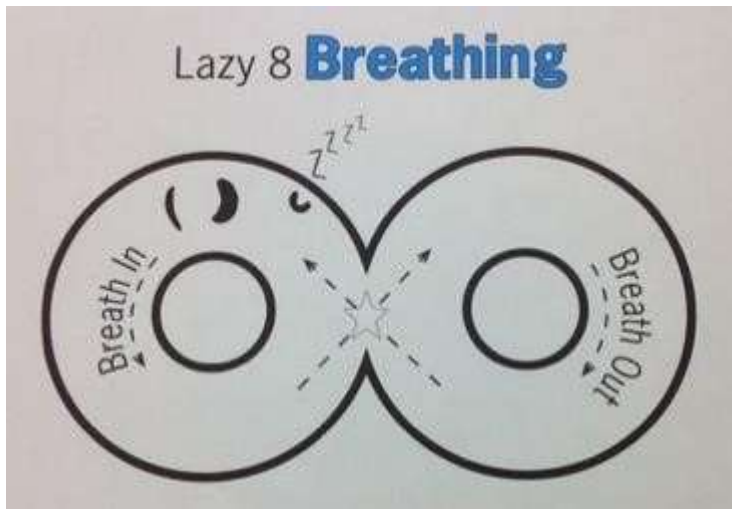


Zones of Regulation Strategy Toolbox Ideas

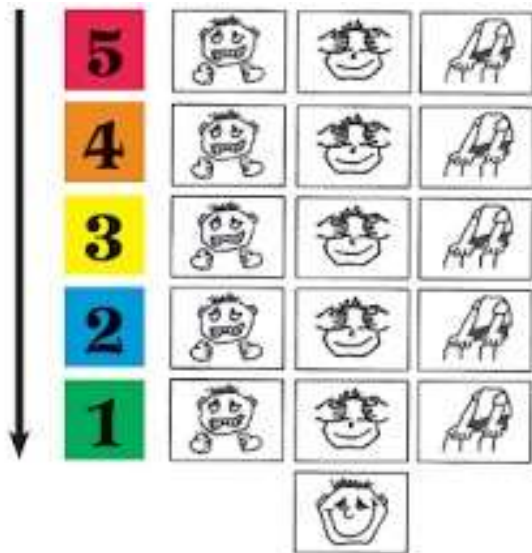


Calming techniques:



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

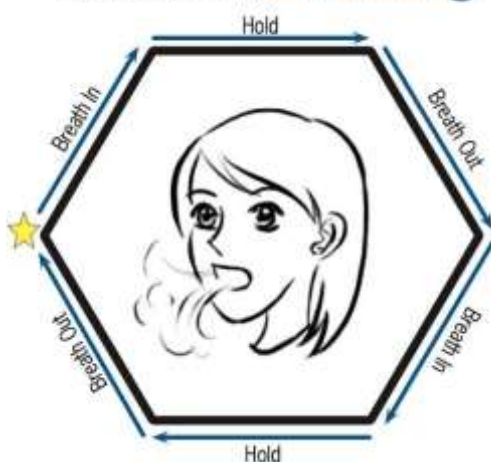


My Calming Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.

The Six Sides of Breathing



Counting

- Forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulse



Calming Activities

- ☐ Puzzles
- ☐ Listen to Music
- ☐ Draw/Paint
- ☐ Origami
- ☐ Play-Doh/clay
- ☐ Read
- ☐ Stack Rocks
- ☐ Fit Bit calming or watch pulse

Thinking strategies: Inner Coach vs Inner Critic

WHAT CAN I SAY TO MYSELF?	
INSTEAD OF...	TRY THINKING...
-I'M NOT GOOD AT THIS	-WHAT AM I MISSING?
-I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK
-I GIVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
-THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT
-I CAN'T MAKE THIS ANY BETTER	-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
-I CAN'T DO MATH	-I'M GOING TO TRAIN MY BRAIN IN MATH
-I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE
-I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
-IT'S GOOD ENOUGH	-IS THIS REALLY MY BEST WORK?



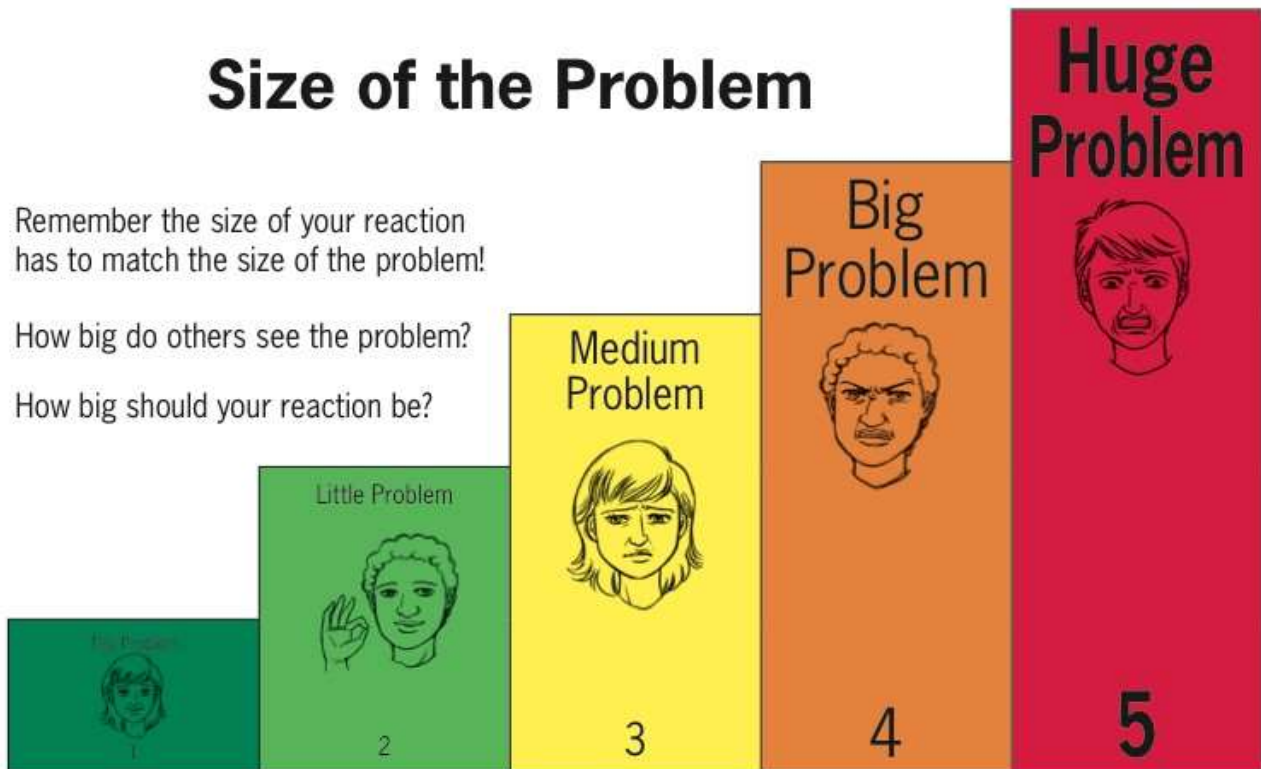
The ZONES of Regulation® Reproducible W

Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Sensory strategies:



Bear Hug
Spaghetti Noodle
Swing/rock
Go for a walk
Wall push ups
Straw (breath or chew)
Blow bubbles
Classical music
Roll on an exercise ball
Trampoline Blanket
roll