

The Zones of Regulation

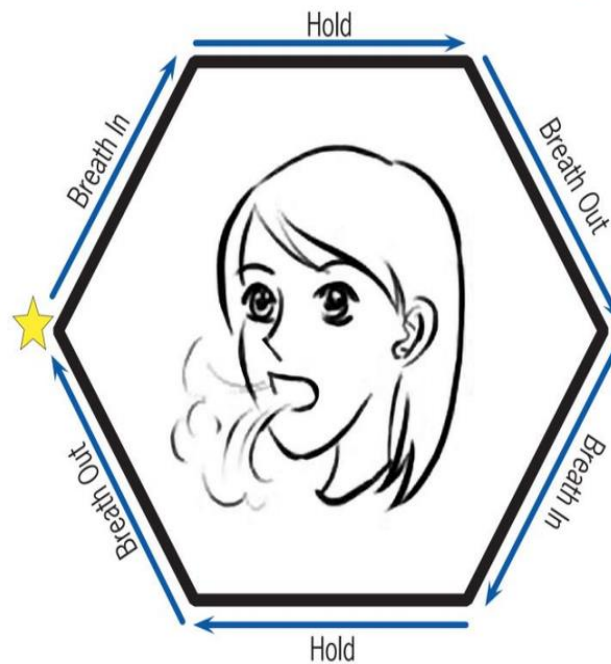


BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control



Breathing Techniques

The Six Sides of Breathing



Starting at the star, trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue the Six Sides of Breathing cycle until you feel calm and relaxed.

Grounding Techniques



Grounding techniques can help someone who is extremely anxious or scared, has lost control and is struggling to calm down.

5-4-3-2-1 Senses

Identify:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you can touch
- 1 thing you taste

5-4-3-2-1 Sights

If noticing each sense is tough right now, try an exercise just with sights. Create categories and have them name what they see. Here's an example:

- 5 colours I see
- 4 shapes I see
- 3 soft things I see
- 2 people I see
- 1 book I see

A-B-C Around the Room

This exercise will get the child connected with that place where they are right now. Have your child look around the room and name something they see that starts with A, then B, then C and so forth. See how far they can get through the alphabet and then check-in to see how they're feeling once they reach the end.

Object Focus

Keep some unique items on hand with different textures and colours. These could be sensory items, colourful rocks, snow globes or something else. Children can hold an item in their hands and tune in all of their focus to the item. Notice the colours. Notice the textures. How does it feel in my hand? How does it feel when I squeeze it? What colours do I see? Just notice everything there is to notice about the item.

'I am Here' Hand Trace

For this exercise, you'll need paper and a pencil, marker, or crayon. Children will trace a hand on the paper. You can take this in a few different directions. Children can simply press the hand into the space on the paper and feel the connection between hand and table. Alternatively, they can use the space inside the hand to write things they see or describe the room.

Reorientation

To re-orient to the moment, just have the child name facts about the moment. You can give them a card to keep with them to remind them of facts they can state and practice, practice, practice! It might sound like:

My name is...

I am in...

Today is...

The season is...

The weather is...

I am wearing...

Room Search

Pick one broad category and search the room. Name everything in the room that is green. How many stars can you find in the room? Say the type of shoe everyone in the room is wearing. Count the bricks on one wall.