

# Regulation Toolbox

The zones of regulation categorise feelings and emotions into colours. The colours represent the zones making it easy to identify and communicate your feelings. We all experience different zones at different times, and it can be difficult to regulate.

With your child or young person explore the different zones and come up with strategies and tools so that they can learn to self-regulate.

## Zones of Regulation

<p><b>RED ZONE</b></p> <p>Out of control</p> <p>Angry</p> <p>Rage</p> <p>Terror</p> <p>Fear</p>	<p><b>BLUE ZONE</b></p> <p>Sad</p> <p>Bored</p> <p>Tired</p> <p>Slow</p> <p>Disappointed</p> <p>Sick</p>
<p><b>YELLOW ZONE</b></p> <p>Excited</p> <p>Silly</p> <p>Frustrated</p> <p>Nervous</p> <p>Hyper</p> <p>Worried</p> <p>Anxious</p> <p>Overwhelmed</p> <p>Confused</p>	<p><b>GREEN ZONE</b></p> <p>Regulated</p> <p>Calm</p> <p>Happy</p> <p>Ready to learn</p> <p>Engaging</p> <p>Focused</p>

## Strategies for your tool belt for self-regulation

Being regulated can mean:

- Effective emotional wellbeing and feeling well
- Enables problem solving skills and makes decision making easier
- Improved relationships due to better communication and understanding.
- Taking on tasks efficiently and with energy

These are some examples; please add your own coping strategies and make your own list of tools for your tool belt.

RED ZONE	BLUE ZONE	YELLOW ZONE	GREEN ZONE
Take a movement break	Talk to somebody you trust	Deep breaths	Start your task
Get some fresh air	Write down your feelings	Find a focus	Healthy snack
Ask for help	Take a walk	Blow bubbles	Sensory breaks
Stop what you are doing and take a break	Movement break	Listen to music	Healthy sleep routine
Rip paper	Star jumps or wall press ups	Draw your feelings	Mindfulness
Boxing		Talk with somebody	Movement breaks
Go to a safe space		Jump on the trampoline	
Give yourself a squeeze			