



## What Strategies can I use in my toolbox for regulation?

A regulation tool is a strategy, or something we do, to manage our Zones. A tool helps us meet our goals, do our jobs, and gain a sense of well-being.

### Regulation Tool:

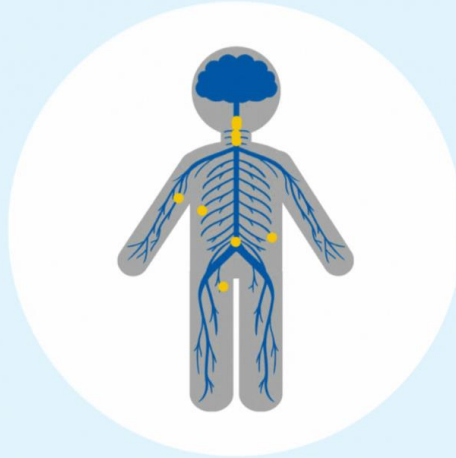
A strategy, or something we do, to manage our Zones.

### Zones Toolbox:

A collection of regulation tools for each Zone.

### BRAIN-BODY CONNECTION

**Regulation tools** help our brain and body work together to manage our feelings, energy, thoughts, and behavior.



**Red Zone Tool**



**Yellow Zone Tool**



**Green Zone Tool**



**Blue Zone Tool**

#### How they help:

##### Red Zone Tools:

Calmer  
Safer  
More in control

##### Yellow Zone Tools:

Slow down  
Calmer  
In control

##### Green Zone Tools:

Health/wellness  
Maintain/keep going  
Adjust energy

##### Blue Zone Tools:

Energize  
Gain comfort  
Rest

#### Blue Zone Tools



#### Green Zone Tools



#### Yellow Zone Tools



#### Red Zone Tools



## Breathing Tools to Regulate

When our emotions are not regulated our body sends us a signal, this could be a change in our breathing. When we feel anxious or angry, our breathing becomes quick and shallow. This makes it almost impossible to calm down. Our bodies become tight and rigid and our brains are not getting enough oxygen – we are dysregulated! When children get this body signal a great tool to use for regulation is breathing exercises. Some children might need you to help them with this – count along and breathe with them, be a co-regulator!

- Breathe in for 3 seconds
- Hold your breath for 2 seconds
- Exhale one long, slow breath out



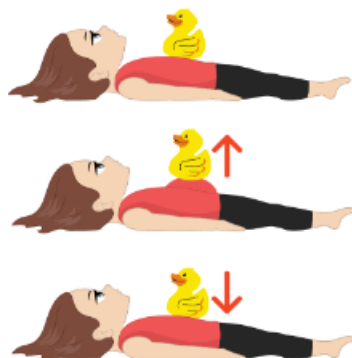
Maybe try one of these strategies for your toolkit

## Take a Deep Breath

Smell the flower



Blow the pinwheel



# Body Stress Releasing Strategies

## Starfish Fingers

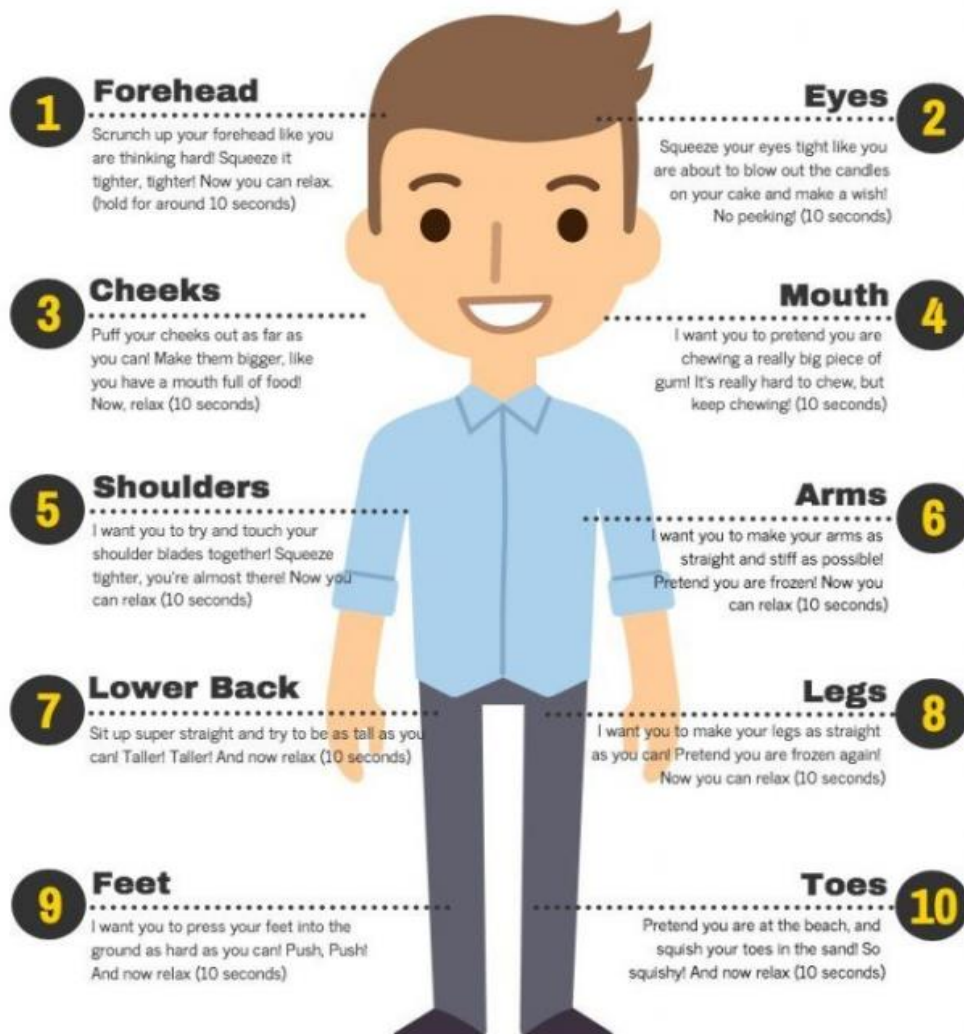
Hold up one hand and spread your fingers wide.

Then with your finger from the other hand, slowly trace round each finger counting from one to five.















This rhythmical counting exercise will help regulate your body and mind.

## Maybe try one of these strategies for your toolkit



# Body Calming Strategies

 <p>Sit on your hands</p>	 <p>Squeeze your lips together and swallow words</p>	 <p><b>HAWK HUG</b> Cross your arms in front and hold your shoulders. Breathe in and out. Pretend your hands are wings and switch arms to flap your wings against your shoulder. Then give yourself a hug to finish.</p>	 <p><b>FIRE HANDS</b> Rub your hands together like they are trying to start a fire. Start slow, go fast, and then slow down again as you feel them warm up.</p>
 <p>Squeeze your fist or an object</p>	 <p>Squeeze your eyes shut</p>	 <p><b>HAND OVER HEART</b> Put your hand over your heart and try to feel the beat of your heart. Take deep breaths and feel your chest rising.</p>	 <p><b>SHOULDER SHRUG</b> Sitting or standing raise your shoulders slowly up and down. Pause before raising or lowering and feel your body. Take turns raising one shoulder at a time.</p>
 <p>Positive self-talk</p>	 <p>Trace up the finger and breathe in. Trace down and breathe out. Repeat for all 5 fingers!</p> <p>5 finger breath</p>	 <p><b>CHAIR PUSH UPS</b> Sitting in your chair, hold the seat of the chair firmly in your hands. Then push your bottom and legs off the chair. Raise and lower yourself slowly a few times.</p>	 <p><b>OPEN SHUT THEM</b> Sitting or standing, clench your fists and then slowly release them and stretch them out. Then do the same with your feet. Next, your eyes. Feel your body in each movement. Feel it tense and then feel it relax.</p>



**What strategies will you put in your 'Zones of Regulation Toolkit'?**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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