

ZONES of regulation daily check in

BLUE



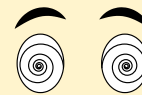
SAD
SICK
TIRED
BORED
SLOW MOVING

GREEN



HAPPY
CALM
FEELING OKAY
FOCUSED
READY TO LEARN

YELLOW



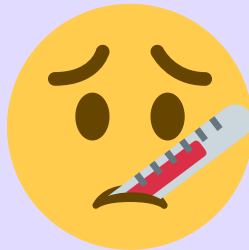
FRUSTRATED
WORRIED
SILLY/WIGGLY
EXCITED
LOSS OF SOME CONTROL

RED



MAD/ANGRY
MEAN
YELLING
HITTING
TERRIFIED

BLUE ZONE



**SAD
SICK
TIRED
BORED
SLOW MOVING**



GREEN ZONE



**HAPPY
CALM
FEELING OKAY
FOCUSED
READY TO LEARN**



TOOLS



STRETCH/BOUNCE ON A YOGA BALL



DRINK A GLASS OF WATER OR EAT A CRUNCHY SNACK



BRIGHTEN THE ENVIRONMENT, OPEN CURTAINS, PLAY UPBEAT MUSIC GO OUTSIDE



USE TIMER OR FIRST/ THEN VISUAL CHART



CO-REGULATE SHARE A HUG



USE AN INVITATION APPROACH "I WONDER IF YOU WOULD LIKE TO CHOOSE SOMETHING FROM THE IDEA JAR"



STIMULATE SENSES GENTLY: ESSENTIAL OILS, FIDGET TOYS, TEXTURED FABRICS

TOOLS



DIVE INTO LEARNING, PROJECTS OR INTEREST LED LEARNING.



INTRODUCE FLEXIBLE STRUCTURE IE: WHITEBOARDS, VISUAL SCHEDULES, WORKING SIDE BY SIDE.



ENCOURAGE CREATIVE OUTLETS, MUSIC, ART, STORYTELLING.



OFFER LEADERSHIP ROLES "WOULD YOU LIKE TO BE THE TEACHER TODAY?"

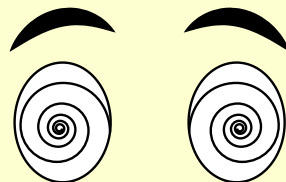


BUILD ON SUCCESS "YOU SEEM REALLY FOCUSED TODAY, WANT TO TRY SOMETHING NEW?"

YELLOW ZONE



**FRUSTRATED
WORRIED
SILLY/WIGGLY
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LOSS OF SOME CONTROL**



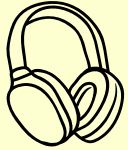
RED ZONE



**MAD/ANGRY
MEAN
YELLING
HITTING
TERRIFIED**



TOOLS



USE CALMING SENSORY INPUT, WEIGHTED BLANKET, PRESSURE HUGS, NOISE CANCELLING HEADPHONES.



OFFER A QUIET CORNER OR CALM DOWN ZONE WITH SOFT LIGHTING AND COMFORT ITEMS.



DEEP BREATHING EXERCISES, BLOWING BUBBLES, BALLOON BREATHS.



MOVEMENT BREAKS - ANIMAL WALKS, STRETCHING TO RELEASE ENERGY SAFELY



USE VISUALS OR TIMERS TO CREATE CLEAR TRANSITIONS



OFFER CHOICES TO REDUCE OVERWHELM: "I WONDER IF WE SHOULD DO THIS NOW OR AFTER LUNCH?"



VALIDATE EMOTIONS WITHOUT TRYING TO FIX. "IT'S OKAY TO FEEL FRUSTRATED I'M HERE"

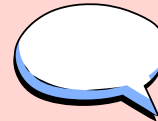
TOOLS



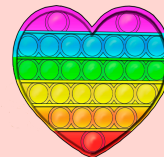
STAY CALM AND SPEAK SLOWLY WITH MINIMAL LANGUAGE



REDUCE SENSORY INPUT, LOWER LIGHTS, TURN OFF SOUND, REMOVE EXTRA PEOPLE IF POSSIBLE.



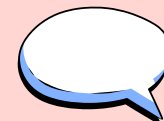
AVOID REASONING OR CORRECTING IN THE MOMENT.



MOVE TO A QUIET SAFE PLACE IF POSSIBLE (WITH TRUSTED REGULATION TOOLS)



USE BODY BASED CALMING TOOLS (COLD WATER ON HANDS AND FACE, ROCKING, PRESSURE)



AFTER CALMING REVISIT WITH A SOFT TONE AND EMPATHY "YOU WERE REALLY UPSET. THAT WAS HARD. LET'S FIGURE OUT WHAT MIGHT HELP NEXT TIME"