

THE ZONES OF REGULATION®

sad

sick

tired

bored

moving slow

good to go

happy

Safe hands

safe feet

ready to work

silly

scared

frustrated

excited

nervous

Angry

mad

yelling

throwing things

hitting

I can try...

movement break

t-stool

gum and chewy candy

take a short break

I can try...

Reinforce

Encourage

Support

Praise

I can try...

rocking chair

pressure vest

go for a walk

sit in the bean bag

I can try...

weighted blanket

squeeze a ball

use visuals

not a time to learn or teach