

ZONES TOOLBOX

Below are some tools we use in school to support children with moving between zones, to the expected zone for that time.

There are lots of ideas for 'tools' to use and can be found when you google 'Zones of Regulation'. Different children find different tools work better for them.

BLUE ZONE	GREEN ZONES	YELLOW ZONES	RED ZONE
<p>Positive thinking (inner coach - you can do this)</p>	<p>I feel happy, focused and calm.</p>	<p>Positive thinking (inner coach - you can do this)</p>	<p>Lazy 8 breathing - draw figure of 8 on palm: breath in on the circle, out as you cross over the midline).</p>
<p>Drink water</p>		<p>Size of the problem - is it really that big?</p>	
<p>Stretches</p>		<p>Do a job - hand books out, deliver a message</p>	<p>Hexagon - draw hexagon (in air, on hand) and child takes 1 breath per side.</p>
<p>Star jumps</p>		<p>Big belly breath</p>	<p>Big belly breath</p>
<p>Run</p>		<p>Squeeze hands together</p>	<p>Talk to an adult</p>
<p>Eat something</p>		<p>Push palms together</p>	<p>Time out</p>
		<p>Sit and count to 10/other breathing activities</p>	<p>Size of the problem - is it really that big?</p>
		<p>Talk to an adult</p>	<p>Standing push ups against a wall</p>
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