






Five zones of regulation My name is:

How I feel	Level	My support strategies
<u>Cold like ice (Blue)</u> <ul style="list-style-type: none"> • Alienated, lonely and often disappointed. • I feel tired and worn out. • I have less energy than normal 	 5	<ul style="list-style-type: none"> • Check up on me. • Ask if I'm okay • Help me to feel positive again
<u>Angry like fire (Red)</u> <ul style="list-style-type: none"> • I'm feeling furious. • The anger is in my heads, thoughts and body 	 4	<ul style="list-style-type: none"> • Don't hassle me at this point. • Go to a quiet space • Go outside/ go for a walk
<u>Wobbly like jelly (Orange)</u> <ul style="list-style-type: none"> • I feel a bit wobbly and have butterflies in my stomach. • I feel anxious, distressed, tense and worried. 	 3	<ul style="list-style-type: none"> • Sit quietly • Read a book • Play with a sensory toy • Do some drawing
<u>Fizzy like lemonade (Yellow)</u> <ul style="list-style-type: none"> • I have lots of small worries. • They are in my head. • They go away, but sometimes come back again. 	 2	<ul style="list-style-type: none"> • Take deep breaths and practice breathing • Write my worries down • Adult to talk to me and distract me
<u>Calm (Green)</u> <ul style="list-style-type: none"> • I'm happy to carry on with what I'm doing. • I am feeling ok and enjoying what I am doing. 	 1	<ul style="list-style-type: none"> • Smile at me • Say 'well done' • Leave me to carry on with what I'm doing • Be calm with me