

Zones of Regulations Strategies



Zones tools

Zone check-in for at home

You don't have to have a check-in board or book at home however if you can it will be an amazing support for the children (I've tried it myself and it really does help)



Children can draw pictures or use a photo to use as their check-in
It's helpful if adults also have a check-in as this helps the children you understand that emotions are normal for children and adults

Zones book

This can be created using four pieces of paper and pens. On the top of each piece of paper write the zone and emotion you may feel in this Zones .

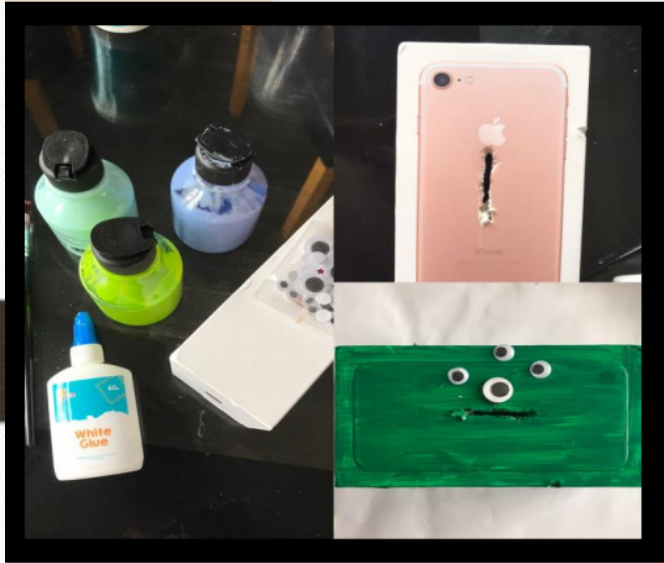
Zones presentation 1 can help with this. Use the book the same way as the board and put your photo on the zone you are in.

When the children start to check-in you will see which zone they are in and then you can work together to find strategies to support them.

Let's take a look at some strategies on the next few slides

Zones tools

We have tried to come up with tools that can be made at home, you can change what you need to make it easier for you.



What you'll need

- Box (tisuse box if possible)
- Glue
- Paint
- Googly eyes or white paper to make them

Instructions

- Cut a whole for a mouth in the box
- Paint the box
- When box is bry place on eyes

Worry box/worry monster

Explain to the children that if they are in the yellow zone and feeling worried or anxious about anything they can write or draw it on a piece of paper and fed it to their worry monster, Explian that the adults read their worries and will do their best to help them to work through their worries.

Bubbles

Zones tools

What you'll need

- Plastic bottle
- Sock
- Washing up liquid

Instructions

- Cut the bottom of the bottle off
- Place the sock over the top of the bottle
- Make a bowl of water and washing up liquid
- Place the sock end of the bottle in the soapy water then blow out the bubbles

Bubble activities

- Catch the bubbles with different parts of your body
- Blow the biggest bubble
- Count the bubbles
- Blow bubbles using soap water and your hands
- Catch the bubbles using house hold tools (tongs) (use a hula hoop to catch the bubbles)
- Bubble painting (put bubble mixture into washable paint and with a straw blow the mixture onto paper (could be messy))



Zones tools

Den/safe space



Whether it's a purchased tent or a den made out of bedsheets our children love a space that is created for them.



You may want to include pillows and blankets, maybe their favourite teddy and book

Glitter bottles



What you'll need

- Empty bottle
- Glitter
- Baby oil but not essential
- Lego character if you choose to (children love to watch their lego character fizz up and calm down as the glitter settles)



Instructions

- Let child pick the glitter
- Put a few spoonfuls into bottle
- Fill with water and add a small amount of baby oil

Zones tools

Our children love to have sensory items to squeeze or fiddle with when they are feeling fizzy or anxious.

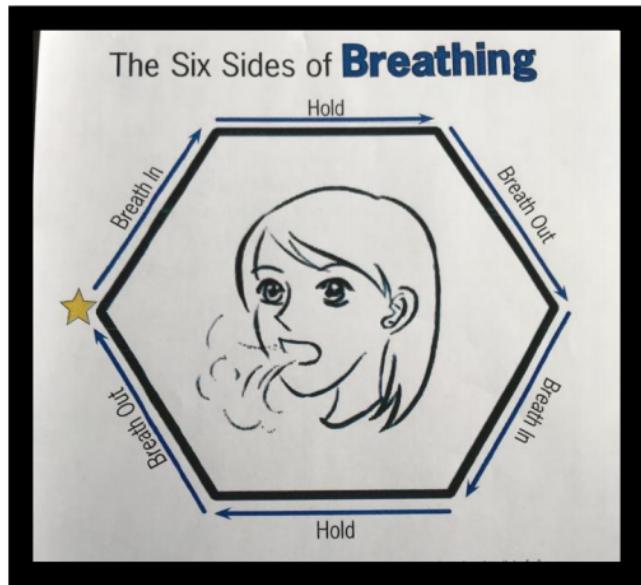
- Blue tac
- Slime
- Material
- Teddy bears
- Homemade bracelets (using string and beads)
- Bubble wrap
- Sqishes



Zones tools

Breathing strategies

Breathing strategies are very helpful for our children as with practice these can help the children to calmdown and bring their thinking brain back online when they are in the **red** zone. These strategies will work best if practiced when in the **green** zone.

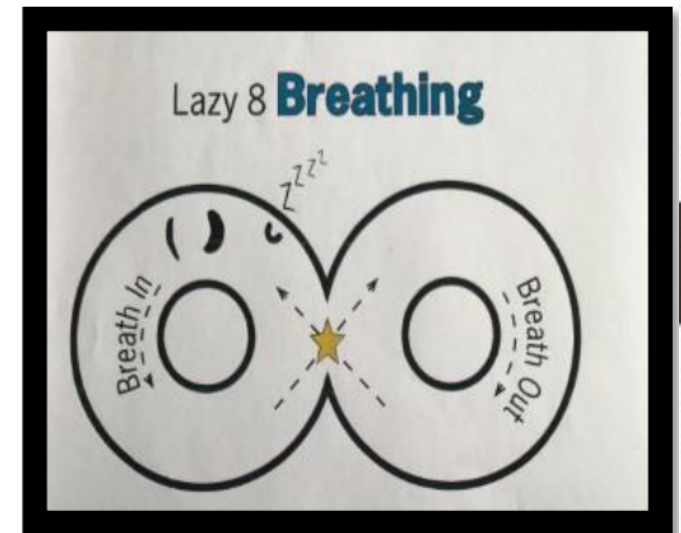


Start at the yellow star and trace your finger to each side of the hexagon taking deep breaths in and out when it instructs you

If you find it tricky to recreate these at home there are lots of ideas online.

Five finger breathing

You start with your little finger and with your opposite hand take your finger to the tip while taking a deep breath in. When it gets to the top move your finger slowly to the bottom of your finger take a long breath out. This should be repeated on all fingers.



Trace your finger around the lazy 8 starting at the star breathing in and out when you get to the other side of the lazy 8

It is important to remember that all children are different. As they get used to the different tools and strategies they will begin to recognise what works for them personally.

Allow your child to experiment with the different tools and techniques and discuss with them what works.

Sometimes, the most simple things can help your child to re-regulate their emotions such as:

- Having a drink
- Eating a snack.
- Going for a walk around the room or having a wiggle.
- Look around the room and find 3 things that are a certain colour, shape etc
- Drawing/colouring