

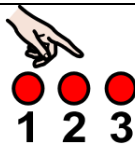







Zones of Self-Regulation



<p>Sad Tired Bored Gloomy</p>	<p>Anger Explosive Behaviour Rage Running away</p>	<p>Happy Focused Content Ready to Learn</p>	<p>Unfocused Defiant Refusing Disrespectful</p>	<p>Excited Silly/wiggly Anxious Worried</p>
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Tools get back to the YELLOW zone

 <p>Have a drink of water</p>	 <p>Read a book</p>	 <p>Count back from ten in my head</p>	 <p>Stretch and stand</p>
 <p>Have some time out on the sofa</p>	 <p>Close my eyes & Breathe deeply</p>	 <p>Colour</p>	 <p>Sensory box</p>