

Regulation Station Toolbox

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control



Tree pose

Stand with your arms at your sides.

Put your weight evenly across both feet.

Shift your weight to your left foot.

Bend your right knee out to the side and place it at your ankle, below your knee or above your knee.

Find a spot to look at on a wall to focus on that spot. Your hands can be at your heart or like tree branches in the air.



Five Finger Breathing

Make a five with one of your hands and place the pointer finger on the base of your thumb.

Use your pointer finger to trace up the thumb and inhale, and as the pointer finger traces down the thumb you exhale.

Repeat until all fingers have been traced.

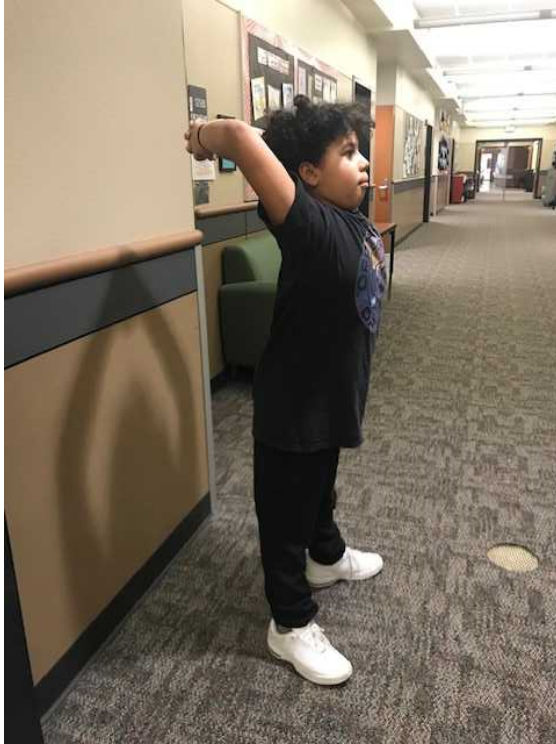


Elephant Walk

Lift the right knee high and stomp your foot down to the ground.

Lift your left knee high and stomp your foot down to the ground.

March for 30 seconds, while staying in one place.



Wood Chop

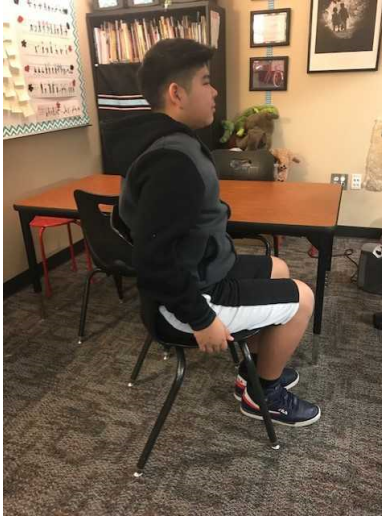
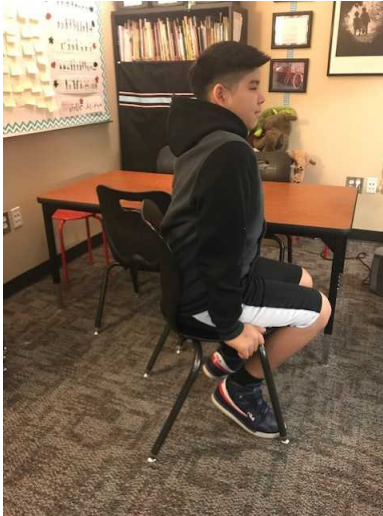
Stand with your feet hip width apart.

Hold your hands in front of your body.

Raise your hands above your head as you are holding hands.

Swing your arms down and in front of you like you are chopping wood with an axe.

Repeat 3-5 times.



Push, Pull, Dangle

Sit up tall in a chair.

Count to 10 slowly as you push your hand down on the side of the chair or the front legs of the chair.

Count to 10 slowly as you pull the side of the chair or front legs up while leaving your bottom on the seat of the chair.

Dangle or drop your arms to the side of your body for the count of 10.

Repeat as needed.



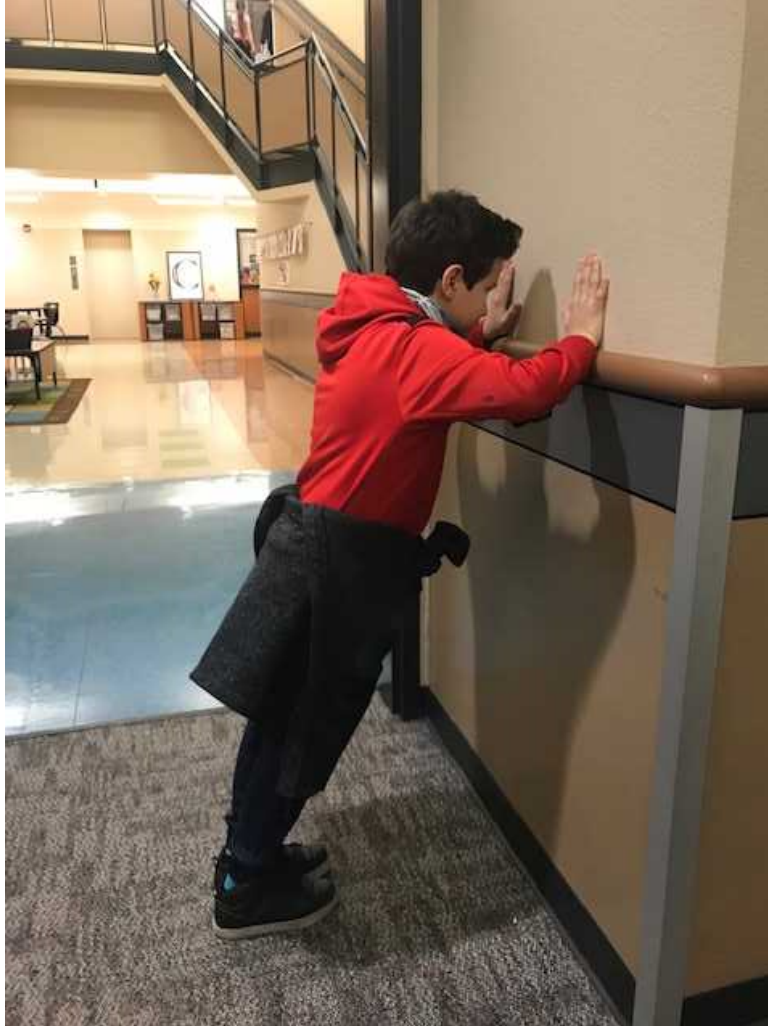
Dots and Squeezes

Press your thumb into your hand picking a new spot 10 times.

Switch to your other hand and repeat.

Squeeze your arm with your hand 7 times moving from your wrist to your shoulder and then back down to your wrist.

Switch arms and repeat.



Wall Push-ups

Stand with your feet about 24 inches from the wall and place your hands at shoulder height on the wall.

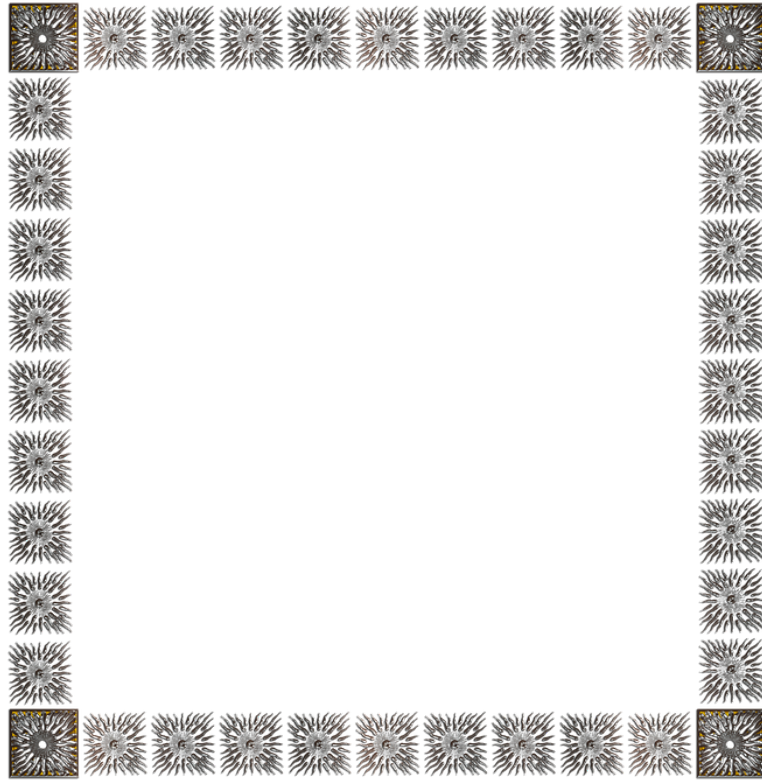
Lean forward by bending your arms until your face almost touches the wall.

Push the wall away from you by pushing your arms straight.

Repeat as needed.



Start



Square Breathing

Breathe in for 4 seconds while tracing the top line.

Hold for 4 seconds while tracing the right side line.

Exhale for 4 seconds while tracing the bottom line.

Pause for 4 seconds while tracing left side line to finish the square.

Repeat 3-5 times.



Heart and Belly Breathing

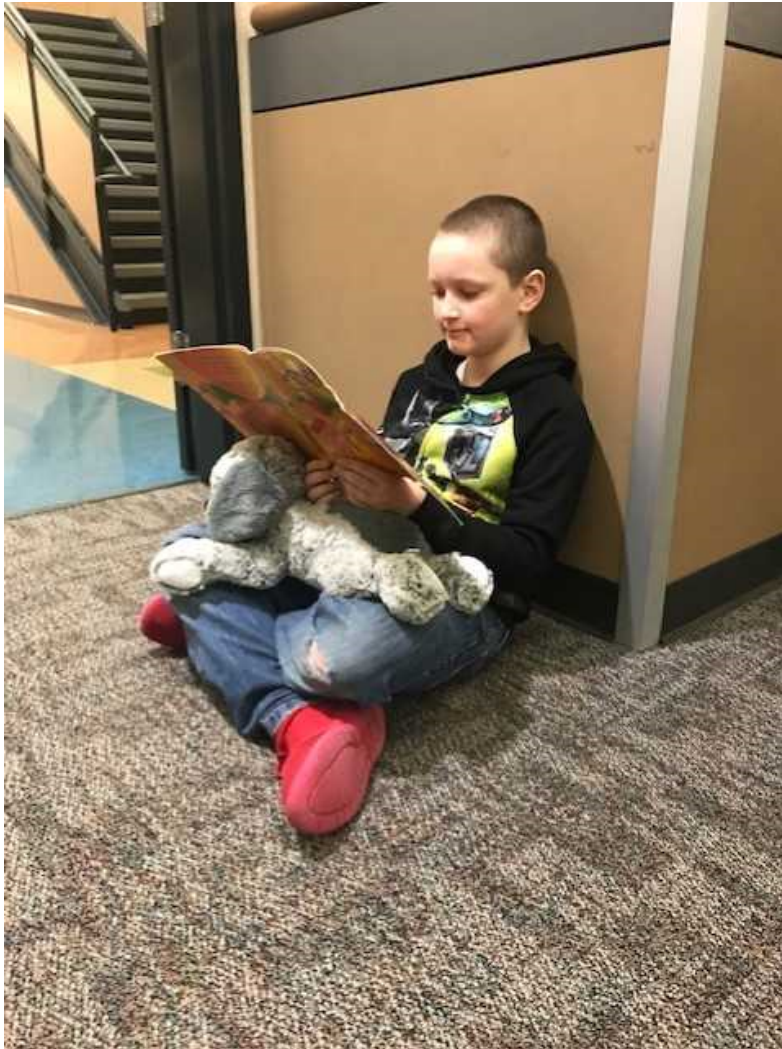
Place one hand on your belly and one hand on your heart.

Close your eyes or look down.

Notice if you feel your breath in your chest or belly.

Fill up your belly with air and slowly exhale, pausing in between each breath.

Continue feeling the breath in the belly 3-5 times.



Animal Pal

Sit in a comfortable position.

Place the stuffed animal on your lap.

Continue working or sit quietly.



Glitter Bottle

Shake the bottle by tipping it upside down and right side up a few times.

Set the bottle down and watch the glitter settle to the bottom until all the glitter is at the bottom.



Breathing Ball

Hold the ball with your two fingers and thumbs at your belly button.

Breathe in slowly as you pull the ball out and bigger.

Hold your breath for the count of 4.

Breathe out slowly as you push the ball in and smaller.



Fidget Ball

Squeeze the ball in your hand about 5 times.

Rotate to your other hand.

Repeat as needed.



Journal Writing

Write your feelings and thoughts of what is happening.



Pinwheel

Hold the pinwheel about 6 inches from your mouth.

Take a deep breath in.

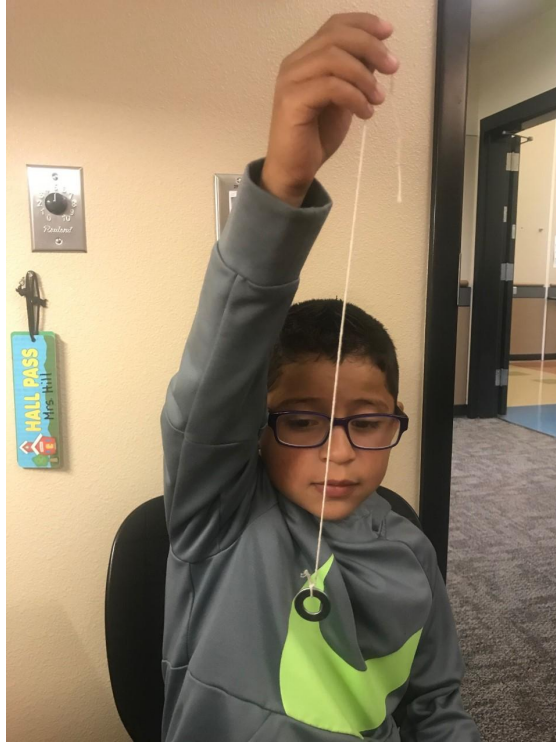
Slowly blow out to move the pinwheel.

Repeat as needed.



Calming Pillow

Make a design on the pillow.



String and Washer

Pick up the top of the string with your thumb and pointer finger.

With your opposite hand, reach down and bring the hanging washer to stillness.

Look directly at the washer and say (left, right, left, right - 5-10 times.)

Look at the washer and notice the movement of the washer.

With the opposite hand, reach down and bring the hanging washer to stillness.

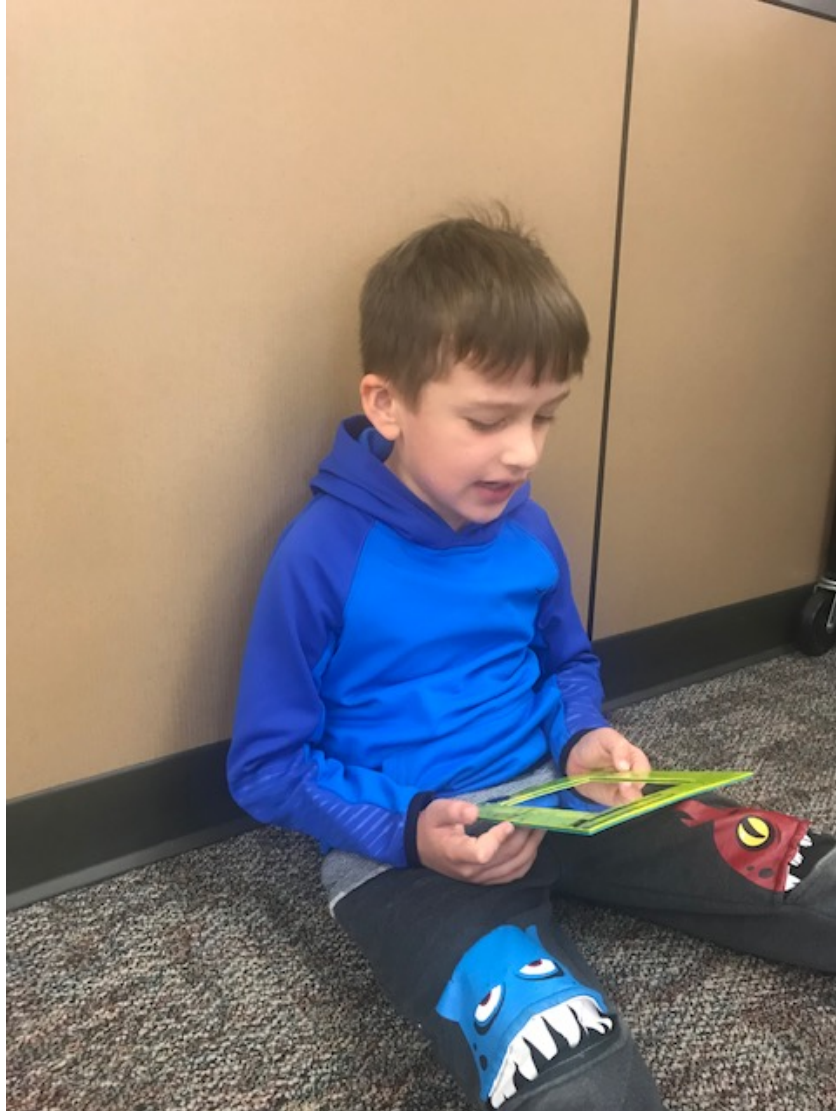
Look directly at the washer and say (Circle, circle, circle - 5-10 times.)

Look down at the washer and notice the movement of the washer.



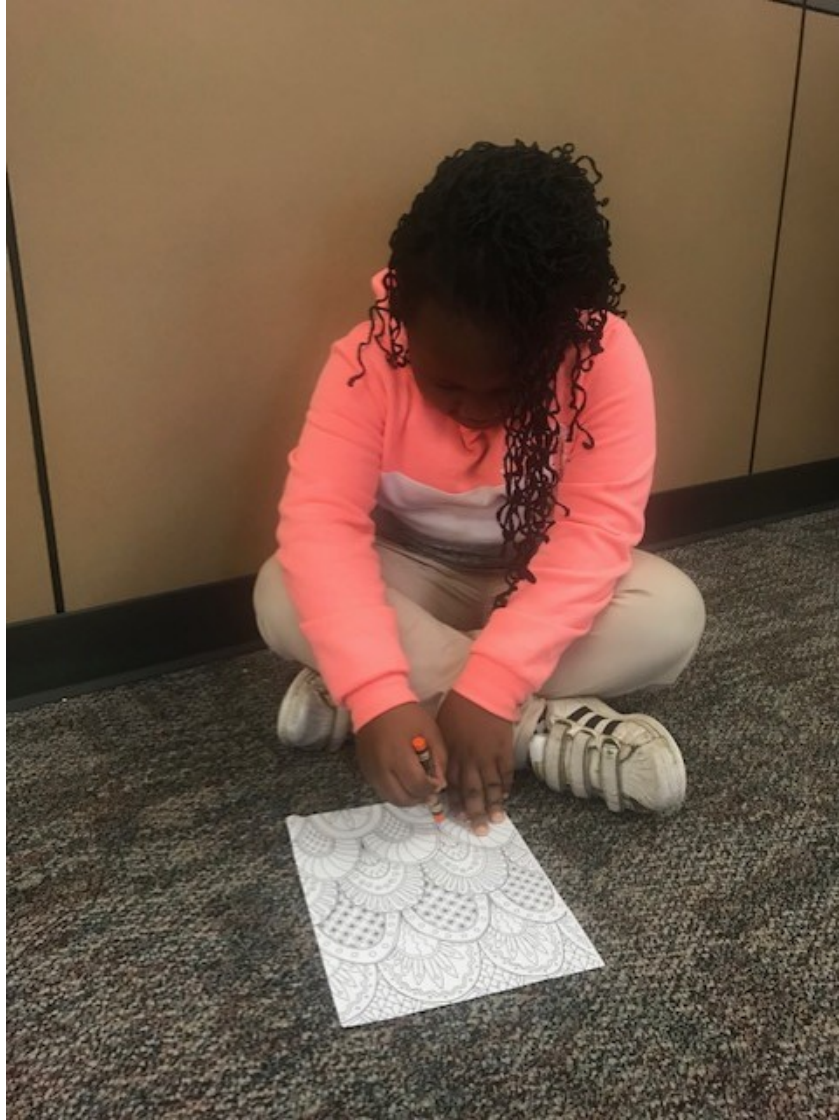
Read a Book

Pick up a book and read or look at the pictures.



Mirror

Look into the mirror and look for clues on how you are feeling.



Coloring

Pick a coloring design sheet or blank paper.

You can draw on the blank paper or color in the design.

Leave the design sheet for the next person to add on to it.