

How to support the ZONES at home by creating a 'Toolbox' with your child.

<p>For the blue zone increase arousal by</p> <ul style="list-style-type: none"> • Drinking water • Eating crunchy foods • Jumping, stretching or running • Swinging or spinning • Rubbing shoulders, hands or have a hug • Talking about your feelings • Thinking happy thoughts • Turning on lights or listen to loud music 	<p>To maintain the green zone</p> <ul style="list-style-type: none"> • Smile • Be kind and helpful to others • Look at people • Think happy thoughts • Work hard • Remember your goals • Get your activities done
<p>For the yellow zone decrease arousal by</p> <ul style="list-style-type: none"> • Talking to someone • Taking deep breaths • Moving slowly, doing yoga or go for a walk • Eating chewy food • Having soft lights and quiet music • Doing wall pushes or heavy muscle work • Taking a break or reading 	<p>For the red zone decrease arousal by</p> <ul style="list-style-type: none"> • Taking deep breaths and relax • Thinking about the size of the problem • Jumping on a trampoline • Moving slowly or go for a walk • Eating chewy food • Walking away and STOPPING

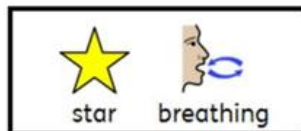
Calming techniques

Breathing

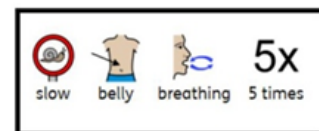
Rainbow Breathing



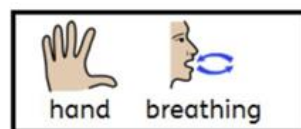
1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.



star breathing



slow belly breathing 5 times



hand breathing



slow breathing 5 times

Yoga



My Calming Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.

Calming Activities

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks
- Fit Bit calming or watch pulse

Thinking Techniques

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do the next right thing.**

Sensory techniques



Bear Hug
Spaghetti Noodle
Swing/rock
Go for a walk
Wall push ups
Straw (breath or chew)
Blow bubbles
Classical music
Roll on an exercise ball
Trampoline
Blanket roll

Use some of these ideas or others of your own create yourself a toolbox for each of the **ZONES**. Try to include some calming, sensory and thinking techniques that will help you.

MY ZONES TOOLBOX

The ZONES of Regulation® Reproducible Z

_____ 's Toolbox

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools