

ZONES of Regulation Tools

When I am in this Zone...

I can use these tools:



- take a break
- think positive/happy thoughts
- talk about your feelings
- write or draw in a journal
- listen to music
- ask for a hug
- say something kind to yourself
- cuddle or play with your pet

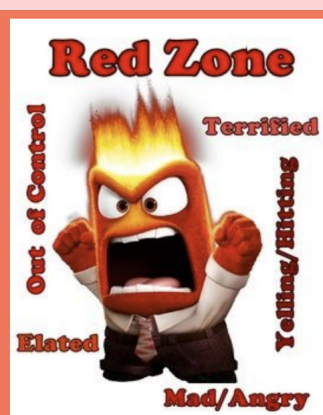
- use an "I-statement"
- take a nap
- try an online yoga class
- take some deep breaths
- visit the "Feel Good Friday" section on Mrs. Hatfield's website
- exercise (bike ride or walk)
- call a friend



- count to 10
- take deep breaths
- squeeze a stress ball
- use a calming jar
- tense and release muscles
- talk to a trusted adult
- use positive self-talk



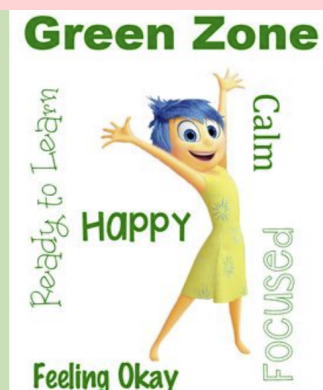
- visit the "Mindful Monday" section on Mrs. Hatfield's website
- watch a funny video
- jump, dance, or run
- take a brain break
- write, draw, or talk about it
- listen to music



- stop what you are doing
- take a break
- walk away
- count to 10
- take deep breaths
- ask for help
- get a drink of water



- visit the "Virtual Calming Room"
- try jumping jacks or push-ups
- squeeze a stress ball
- listen to music
- write or draw how you are feeling
- think of something that makes you happy



- do something kind
- use an "I-statement"
- take a brain break
- help others
- visit the "wellness wednesday" section on Mrs. Hatfield's website
- be a good listener



- get enough sleep each night
- eat healthy
- exercise every day
- use a calendar to stay organized
- complete homework
- ask for help
- give yourself a compliment!

