

Concept 8 – Building My Zones Toolbox



WHAT ARE WE LEARNING?

We are continuing to learn about regulation tools as each of us starts building our own *Zones Toolbox*. We learned the importance of **reflecting** on, or thinking carefully about, the effects of a tool on our body signals, and how we feel after using it. This helps us decide if it will help us to regulate one or more of our Zones.

We introduced a Tool of the Week to explore new tools we might add to our toolbox. As we introduce new tools, we will share them with you so that you can discuss and practice them with your learner.



WHY IS IT IMPORTANT?

Regulating our Zones in the moment can be challenging. Having our custom toolbox to remind us of our go-to regulation tools that we find helpful can make using them easier. We encourage you to build, reflect on, and share tools from your own *Zones Toolbox*. This provides a healthy example, and shows that everyone works on regulation.



ASK AND SHARE To help with learning, discuss these questions together.

- How do you know if a regulation tool is helpful or not?
- What is a helpful tool from each Zone in your toolbox?



BRIDGE ACTIVITY: REFLECTING ON NEW REGULATION TOOLS

- 1 Pick a tool that is less familiar to everyone. It could be the Tool of the Week or one from the *Group/Family Toolbox* that you all made together for the Concept 7 Bridge.
- 2 Pause to check-in, paying special attention to your body signals.
- 3 Practice the chosen tool together several times over the week.
- 4 Reflect on if it makes a good regulation tool by thinking about if:
 - It's easy for you to find or use.
 - It works well.
 - It works quickly.
 - You like how it makes you feel after using it.
 - It helps you feel comfortable.
 - It helps regulate one or more of your Zones.



OPTIONAL: Each person can create their own *Zones Toolbox*, listing the tools that help them regulate. Post the toolboxes in a central location.