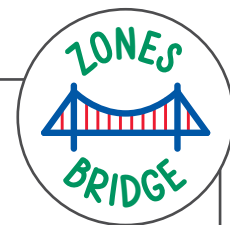


Concept 7 – What is a Regulation Tool?



WHAT ARE WE LEARNING?

We learned that a **regulation tool** is a strategy or something we do to help us regulate our feelings, energy, and behavior.

- Regulation tools include strategies within us, such as deep breathing, stretching, or positive self-talk, as well as things in the space around us, such as drinking water or using a fidget.
- We use The Zones of Regulation to categorize regulation tools by how they help:

BLUE ZONE TOOLS

Help us feel energized, comforted, or rested.

GREEN ZONE TOOLS

Help us feel well, healthy, alert, or focused.

YELLOW ZONE TOOLS

Help us slow down and feel in control and calmer.

RED ZONE TOOLS

Help us feel safe, more in control, and calmer.

- A **Zones Toolbox** is a collection of regulation tools. Over time, each of us will work to build a Zones Toolbox.



WHY IS IT IMPORTANT?

Regulation tools help our brain and body work together. These tools work and feel a little differently for each of us. Knowing the tools that work for each of our Zones and organizing them into a Zones Toolbox makes it easier to find the right tool when we need it.



ASK AND SHARE

To help with learning, discuss these questions together.

- *What are some regulation tools we have around us?*
- *Can you think of a time you have used a regulation tool? How did it help you?*



BRIDGE ACTIVITY: BUILD A GROUP (OR FAMILY) TOOLBOX

1. Set out the *Our Zones Toolbox* visual in an open space, such as a table or rug.
2. Set a timer for four minutes.
3. Everyone tries to find a regulation object for each Zone.
4. Bring the object to the *Our Zones Toolbox* visual and place it next to the colored Zone it helps you regulate. If anyone chooses a tool within them, they can write it on a sticky note.
5. Discuss the tools everyone chose for each Zone and how they help. Did people choose the same tool for the same Zones?
6. Add the common tools to each colored Zone on the visual.
7. Hang the *Our Zones Toolbox* visual up where everyone will see it regularly.

Our Zones Toolbox



**BLUE ZONE
TOOLS**
Energize, gain
comfort, rest



**GREEN ZONE
TOOLS**
Health, wellness
maintain, keep going



**YELLOW ZONE
TOOLS**
Slow down,
calmer, in control



**RED ZONE
TOOLS**
Calmer, safer,
more in control
