

# TOP TIPS TO USE ZONES OF REGULATION STRATEGIES AT HOME



## 1 Regular Zones check in

Decide on a time where you will **regularly check in** with your zone.

E.g. at breakfast each morning or on the walk to school.

“Right now I’m in the \_\_\_\_\_ zone because...”

“This morning I was in the \_\_\_\_\_ zone because...”



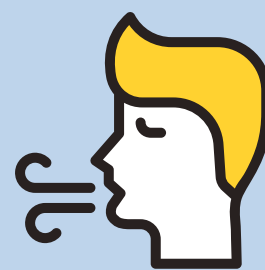
## 2 Use and model strategies/language

Demonstrate and talk out loud about using strategies that help you regulate your zone.

Model selecting strategies from the **Zones toolbox**.

E.g. taking some deep breaths when feeling angry.

“This is making me feel yellow, so I’m going to \_\_\_\_\_ to manage my zone”.



## 3 Own your zone

Show and model that it is **safe** to share feelings and that these are all **valued**.

“It’s okay to be in the \_\_\_\_\_ zone”.

“I know I am in the \_\_\_\_\_ zone and I can regulate by \_\_\_\_\_”.

“All zones are OK”.



## 4 Notice body signals

Reflect and **notice bodily sensations** in different zones, talk out loud about this.

E.g. “I see that you’re yawning, What Zone are you in?”.

“What is your body telling you?”.

“I have noticed... how can I help myself regulate?”.



## 5 Stop, Opt, Go

Model using the following steps in every day life.

Point out characters that do this in films or books.

**Stop** - show that you are *pausing* before acting on impulse.

**Opt** - Think about what your options are.

**Go** - Choose an option that will work well for you (e.g. a tool).



## 6 Make a comfort corner

Designate a space in your home/child’s room which is **comfortable** and **quiet**.

Include things like stuffed animals, colouring, books, sensory items.

Model and show your child how they can use this area when they need a **break** and how it can help them manage their zone.

Use as a place to **reflect** on what could help next time.

