

The **ZONES** of Regulation™

Term 4 2024:

This term our Zones of Regulation foci will be:

- a) Exploring tools for calming: The children will have the opportunity try different calming techniques, as well as generating their own ideas. (See something to try at home.)
- b) Considering the size of the problem: This gives the children the opportunity to decide whether problems are big, medium or small and to gain insight into their reactions or expected response matching the size of the problem. This should lead the children to using their understanding of the size of the problem to regulate their Zone. (Resources for you to try at home will be shared in the next Zones of Regulation newsletter.)

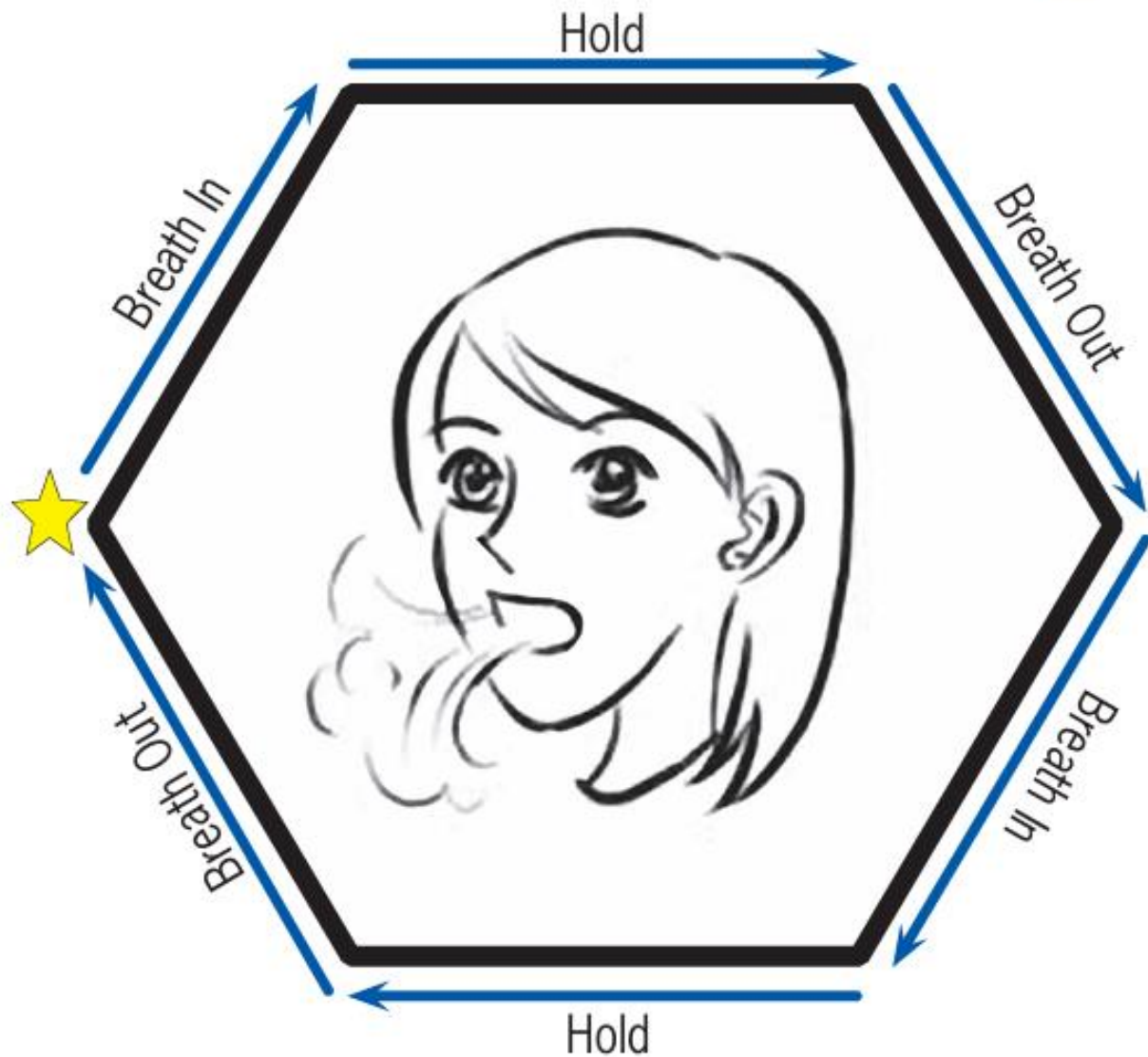
Something to try at home:

As a family, discuss what each of you do to calm down. Ask your children which techniques they have used in class.

Try using some of the attached techniques to calm down, if you are in the yellow or red zone.

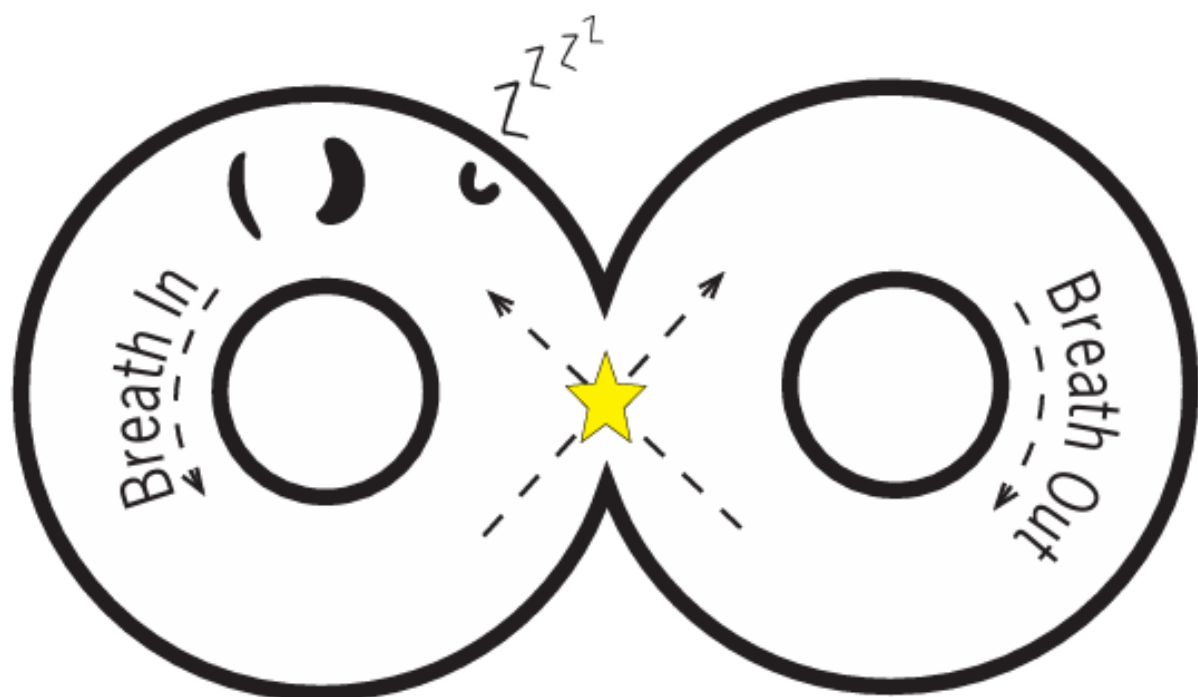


The Six Sides of **Breathing**



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

My **Calming** Sequence Visual

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

