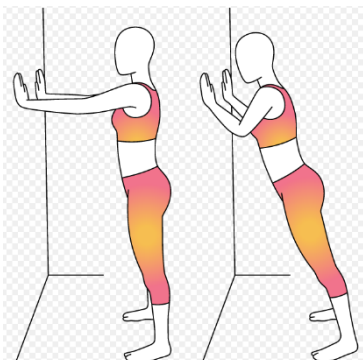
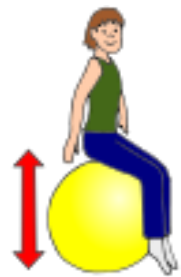


Self-Regulation Tools

Exploring Sensory Support Tools

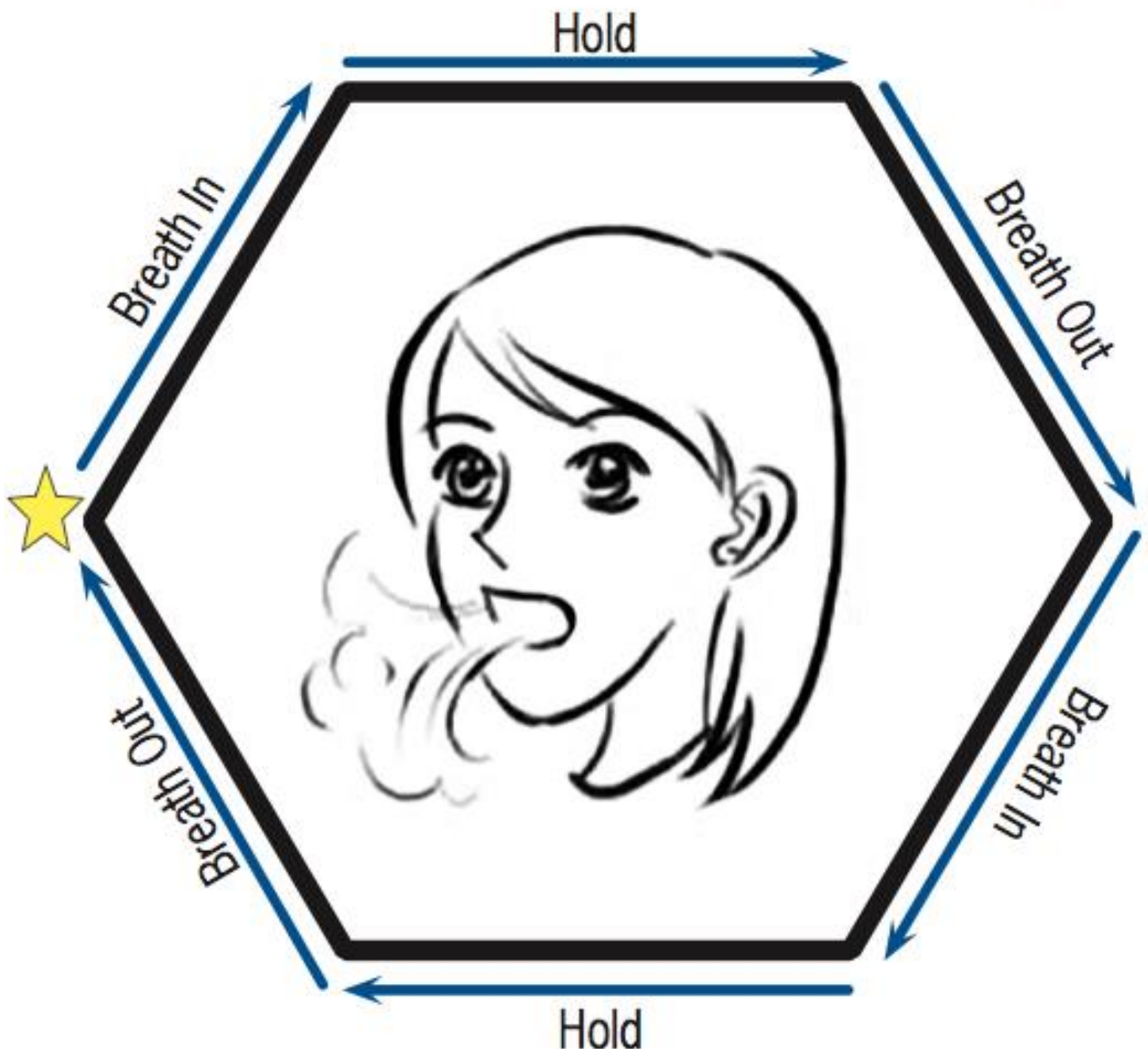
- Squeezing a fidget ball or silly putty
- Sitting with a weighted blanket
- Sitting on a Move-n-sit or Disc-o-sit cushion
- Wearing noise cancelling headphones
- Wall push ups
- Pushing, pulling, or carrying something heavy
- Swinging
- Playing on scooter boards
- Jumping
- Riding on a bike or scooter
- Digging in or hunting for things in sand or rice
- Bouncing on a therapy ball
- Burrowing in pillows/cushions/blankets
- Chewy toys
- Blow bubbles



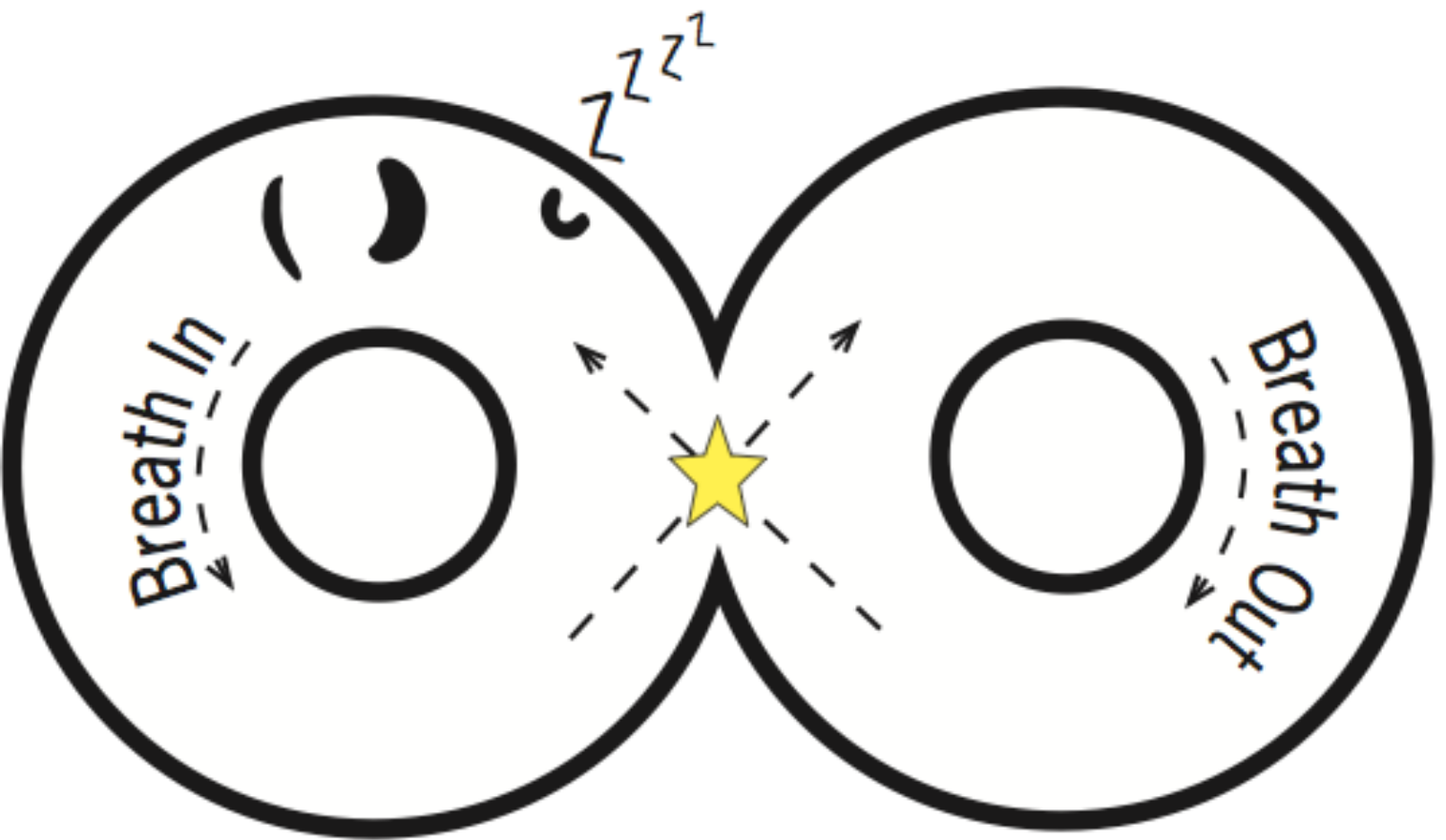
Exploring Tools for Calming

- Counting to 10
- Learning to take deep breaths
- Six Sides of Breathing
- Lazy 8 Breathing
- Calming Sequence

The Six Sides of **Breathing**



Lazy 8 Breathing



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

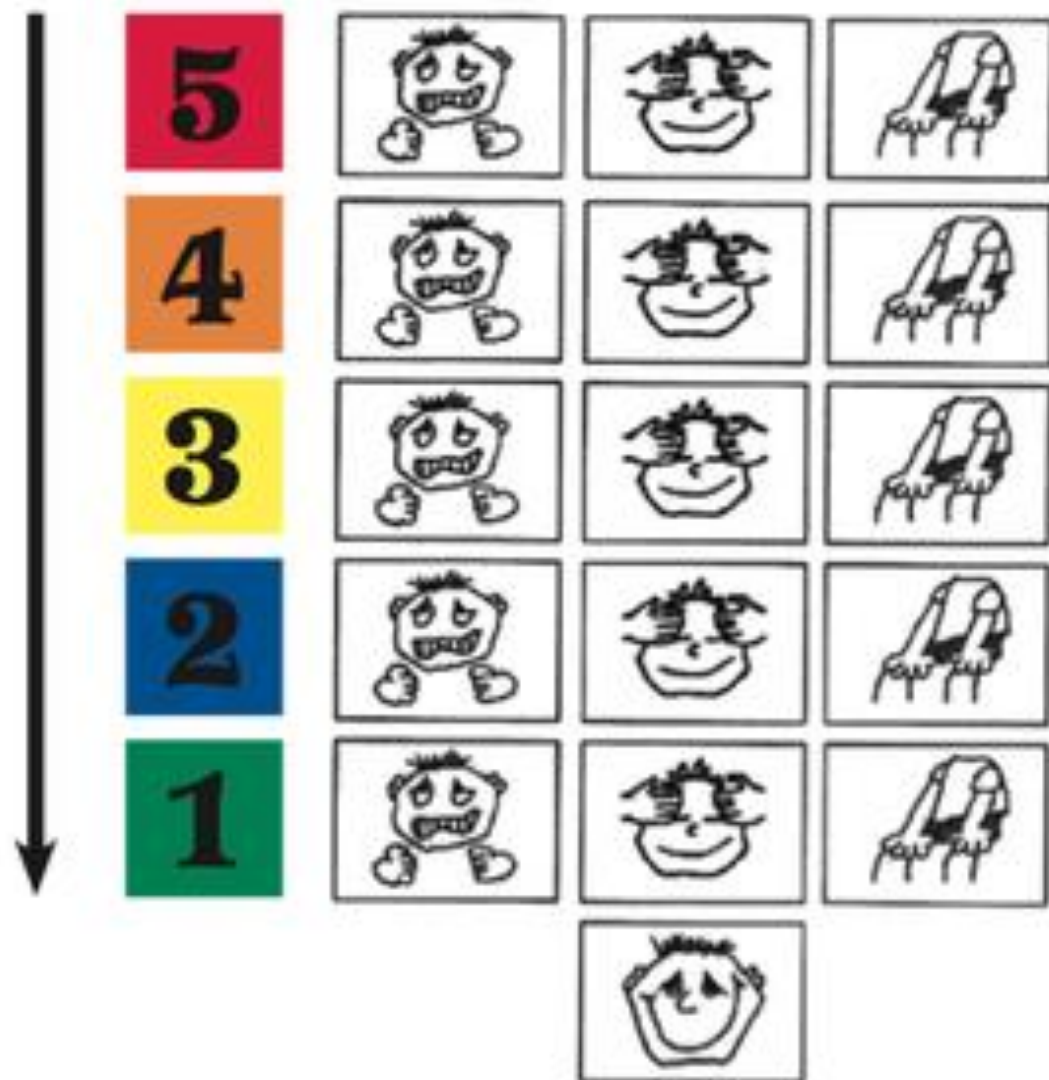
As you cross over to the other side of the Lazy 8, slowly let your breath out.

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.



Exploring Tools for Thinking

- Use the 'Size of the Problem Big vs. Little Problems' worksheet with your child to analyse with them the size of the problem they are feeling and then use the 'Size of the Problem' worksheet to analyse their response to the problem and how their response may be different to the actual problem.

The ZONES of Regulation® Reproducible V

Size of the Problem Worksheet Big vs. Little Problems

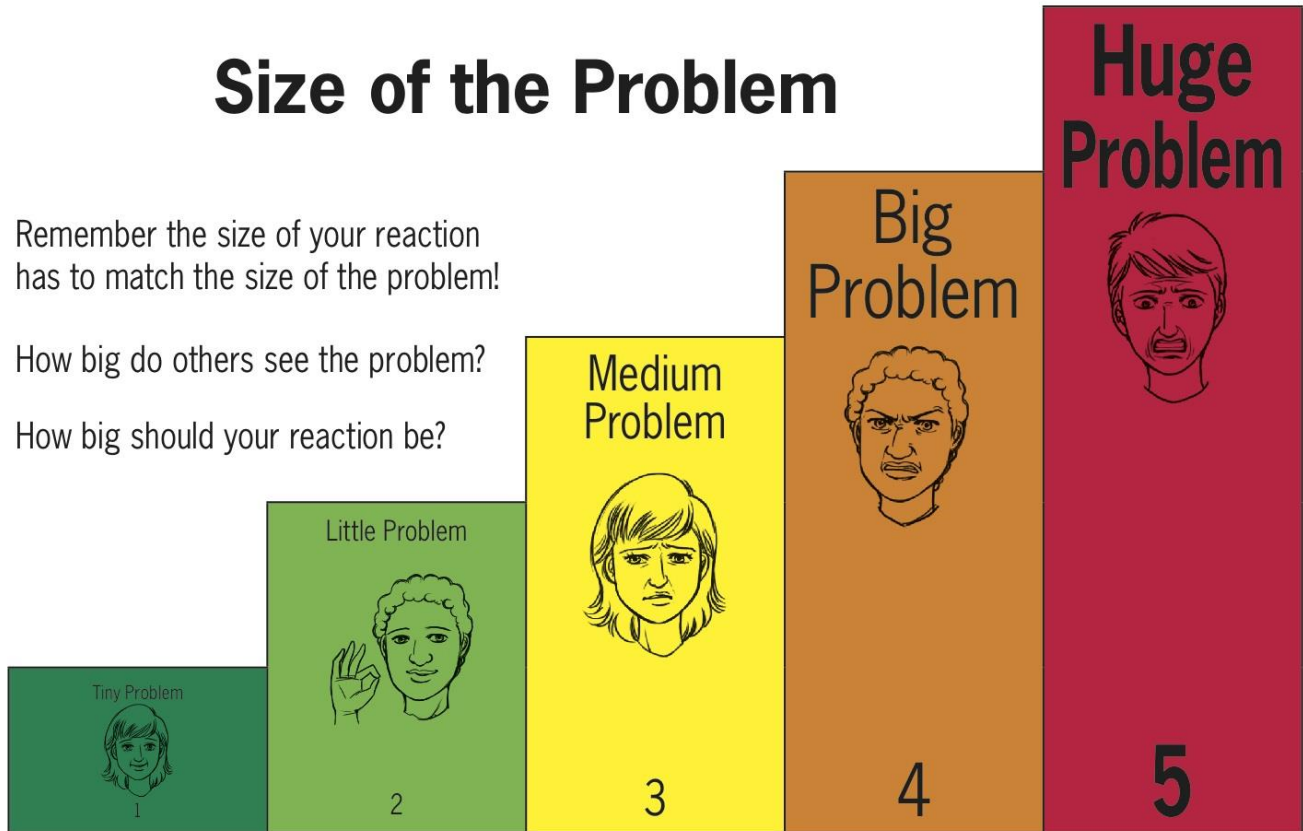
People see these as Big Problems	5	
	4	
People see these as Medium Problems	3	
	2	
People see these as Little Problems	1	

Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com

Copyright © 2011 Think Social Publishing, Inc.

This page may be copied for the purposes of educating students and other professionals.

There are many other websites that can offer support and resources to support using the Zones in your home.

<https://www.pinterest.com/speechpins/zones-of-regulation/>

<https://www.zonesofregulation.com/index.html>

<https://www.theottoolbox.com/zones-of-regulation-activities/>