## **Zones of Regulation – Lucy and Megan 2**

Lucy lets Megan use the computer but is very angry and upset.

## Think about:

What unexpected behaviours are happening? How does Megan feel? What is Megan thinking? What will Megan do or say? How does Lucy feel?





The teacher introduces a timer, after 10 minutes Lucy has to stop on the computer and find something else to do.

## Think about:

What expected behaviours are happening?
How does Megan feel?
What is Megan thinking?
What will Megan do or say?
How does Lucy feel?





The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at <a href="http://www.zonesofregulation.com/index.html">http://www.zonesofregulation.com/index.html</a>