

Zones of Regulation: Tool Box

What's in your tool box?

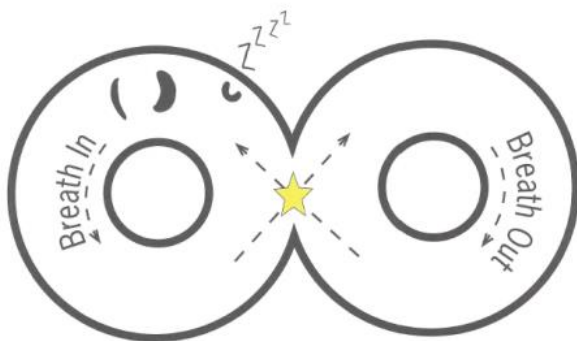
We all have a toolbox of things we can use to help us get back to the green zone or to help us stay in the green zone.

What tool should I use?

have a break	lazy eight	inner coach	lazy eight
tell someone	theraputty	use fidgets	sequence
walk	play music	star jumps	body sock
count to 10	wall push ups	chair push	drink water

Let's practise our calming tools

Lazy 8 Breathing



Move your finger around in the shape of an 8, breathing in on one side of the shape, and breathing out on the other

Let's practise our calming tools

↓	5			
	4			
	3			
	2			
	1			

- Squeeze hands
- Close eyes, rub head
- Rub knees