

The following resources for this strategy include examples and templates. The templates are in 2 different versions - PDF and Boardmaker. You will need to have access to the Boardmaker program or a subscription on your computer to open the Boardmaker files and make changes.

Zones of Regulation

- **Where Am I?** zones check in: Students use this template to check in and identify their zones of regulation.
- **3 Point Scale with Zone Colours:** Use this 3-point scale to help your students understand their patterns of nervous system arousal (i.e. elevation). First, work with your students to determine the external and internal signs of their elevation. Record these in the *looks like* and *feels like* columns. Then, decide on some tools that could be helpful at each stage and record these in the *I can try to* column.
- **3 Point Scale with Zone Colours, expanded**
- **5 Point Scale with Zone Colours:** Use this 5-point scale to help your students understand their patterns of nervous system arousal (i.e. elevation) and follow through with self-regulation tools (see link below).
- **Self Regulation Key Chain:** This key ring can help students identify their zones and choose tools for self-regulation.
- **Toolbox Template:** Students use this template to illustrate their personal self-regulation tools.
- **All Self Regulation Tools:** Review tool options and decide which are best suited to your students. Tools may help your students self-regulate.