

Zone of Regulation Box

Sometimes you can feel angry, sad, worried or upset.

It can be hard to stop yourself feeling like this. You may find it hard to stop and then you do something that you don't mean to that gets you into trouble.

The idea of this box is to help you stop feeling these difficult feelings so you don't hurt yourself or anyone else.

The box you make and the things you choose to put into it need to help you feel better.

Can you think of anything that helps you to feel better?

Do you have a favourite book?

Do you have a favourite picture?

Do you have a favourite teddy bear?

Do you have a favourite blanket or a special toy?

What you put in your box is up to you.

If you have a lot of different items that you would like to put in your Zone of Regulation Box, then you may decide to make three boxes.

The first box may be the main box that is kept safely at home. This box may have items in it that are heavier or bigger.

The second box may be a smaller box which you choose to keep in your school bag or your family car so you can take it with you and use it when you are away from home. This box may have the smaller and lighter items in.

The third box may be the one you choose to have at school. You may want to keep it in your classroom (always speak to your teacher about this). You could take your Zone of Regulation box into a quiet space in your classroom if you are feeling frustrated, angry or upset.

The items you choose to go in your box need to help you feel calmer and relaxed.

Items you could include are:

- fidget spinners
- squishies
- stress balls
- sticky tack
- cotton wool
- playdough
- ear phones and your favourite music
- a mindfulness colouring book and felt tips or colouring pencils
- a bottle of water
- your favourite book
- your favourite picture or photo
- your special teddy bear, toy or comforter
- a notebook or drawing pad

