



"I'M OVERWHELMED AND FEEL OUT OF CONTROL. I NEED HELP TO CALM DOWN."

*Move to a safe, quiet space for an agreed time.
Use a comfort object or listen to calming music.
Take slow sips of water or hold a sensory item.*



"I'M STARTING TO LOSE CONTROL AND FEEL VERY UPSET, STRESSED, OR ANGRY."

*Step away to a calm-down space.
Count backwards from 20.
Hold something comforting to help refocus.*



"I FEEL A LITTLE WORRIED, FIDGETY, OR FRUSTRATED, BUT I'M STILL IN CONTROL."

*Take a moment to pause.
Use a fidget toy or stress ball.
Ask for help if needed.*



"I FEEL CALM, HAPPY AND READY TO LEARN."

Continue as you are, you're doing great.



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HOW TO USE:

Thank you for downloading this resource.

This can be used in a variety of ways and therefore there's a few different versions of the same thing:

- You have a couple of versions that have space for the child to add their own strategies
- This could also be a space where they write how this looks or feels for them as a reminder.
- You could also print two versions, one with how the zone feels and one with strategies to use.
- Print one to use as a generic class poster rather than using this as child-specific.
- You have a mini version that can be folded to stand up on a desk.
- You could add a little picture they move up and down their chart to signal where they are, using velcro, blue-tac, or magnetic tape.
- This could be placed in or with a box that is used by several children, which has lots of calm down toys, tools and strategies like things for colouring, fidget toys etc. If doing it this way, I suggested using a timer that beeps so you know when their time is up.