

REGULATION STATION

A world of ways to regulate
your emotions - even at home!

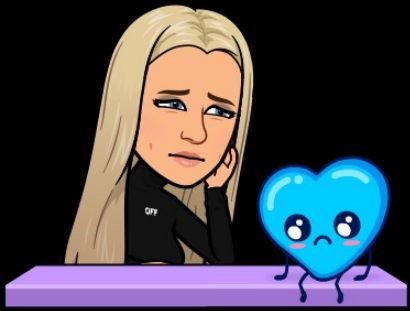




WHAT DOES IT MEAN TO REGULATE OUR EMOTIONS?

Sometimes, we may feel overwhelmed, anxious, angry or even sad. It is important for us to recognise these emotions and take time to think about our response to these emotions, because we may end up making a choice we may regret. It is very easy for us to react, because of a response.

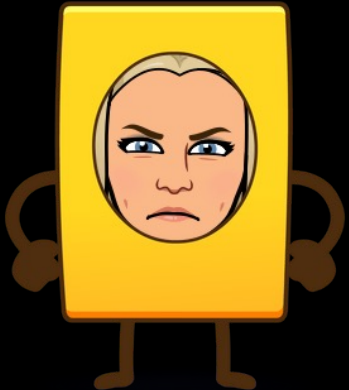
In each classroom at the BeDifferent Federation, we have created regulation stations that provide us with a safe space to regulate our emotions to enable us to learn successfully.



WHAT IS A REGULATION STATION?

Da Vinci Class have designed an
online tool to help support the
emotional regulation of everyone at
home.

Here's how it works...



There are four zones of
regulation: blue, green,
yellow and red.



Each of these zones are
designed to help us identify
how we are feeling.



Green is the optimum zone,
which is how we would like
to be feeling all of the time.



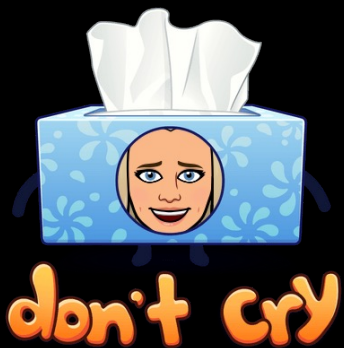


ARE YOU IN THE BLUE ZONE?

What might you be feeling?

You might be feeling sad,
lonely, sick, tired or bored.

These strategies will help
you to regulate your
emotions in this zone.



TAKE A NAP



WRITE DOWN
YOUR FEELINGS



LIGHT A CANDLE
TO RELAX YOU



TAKE A HOT
BUBBLE BATH



LISTEN TO MUSIC



MEDITATION

<https://www.pixelthoughts.co/> is a great website to help you
meditate correctly.

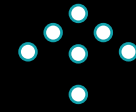


ARE YOU IN THE YELLOW ZONE?

What might you be feeling?

You might be feeling excited,
elated, starting to lose control
or frustrated.

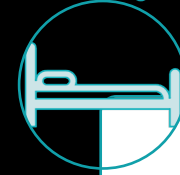
These strategies will help you
to regulate your emotions in
this zone.



Speak to someone



Have some exercise



Hug a pillow



Dance!



MrPhonicsMan is a great YouTube
channel to burn energy



Try some yoga:

https://www.youtube.com/watch?v=cUH_ZAXN4keY&t=5s



Go to a quiet space



ARE YOU IN THE RED ZONE?

What might you be feeling?

You might be angry, mad, out
of control, hysterical or
devastated.

These strategies will help you
to regulate your emotions in
this zone.

Safety

- Find a safe space

Walk away

- Walk away from the trigger

Change

- Change the environment

Breathe

- Take deep breaths

Write

- Write down your feelings

Do

- Do something you enjoy to distract you

