

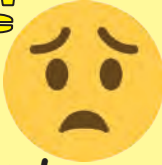



THE ROAD TO REGULATION MAP

Name:

Date:

	Regulation Zone	Option 1 Number	Option 2 Number	Option 3 Number
REST/ENERGIZE	<div>BLUE Zone</div> <div> Sad Bored Tired Sick</div>			
GOOD TO GO	<div>GREEN Zone</div> <div> Happy Focused Calm Proud</div>			
SLOW DOWN	<div>YELLOW Zone</div> <div> Worried Frustrated Silly Excited</div>			
STOP	<div>RED Zone</div> <div> Overjoyed Panicked Angry Terrified</div>			

THE ROAD TO REGULATION

STEP 5
HOW DO YOU FEEL NOW?
ARE YOU READY TO START?

STEP 4
USE THE TOOL

STEP 3
WHICH BREAK DO I NEED
TO REGULATE?

STEP 2
WHAT ZONE AM
I IN? 

STEP 1
HOW DO I FEEL?

How to use this guide

- 1. Print and laminate each of the task cards (Set printer to print double sided)**
- 2. Share cards with students so they are familiar with regulation activities available**
- 3. Encourage students to use the regulation map to note which of the activities they prefer for each zone of regulation**
- 4. Place cards in a visible and accessible location of the room for all students**
- 5. Place regulation maps on desk or within lockers to use when required**
- 6. As students become familiar with what they require to regulation encourage them to design their own cards**



Find some space and a device with your best music on. Feel the beat and move your body.

Your Moves

You need:



Yourself



Music



Headphones

YELLOW zone

Worried, Frustrated, Silly, Excited

1



Find some space on the floor and try to hold each one of these poses for 30 seconds.

Yoga Poses

You need:



A Small Group

YELLOW zone

Worried, Frustrated, Silly, Excited

2



With a partner try and perform the same actions at the same time.

Mirror

Mirror

You need:



A partner

YELLOW zone

Worried, Frustrated, Silly, Excited

3

While you are dancing.....



Can you make your heart rate increase?

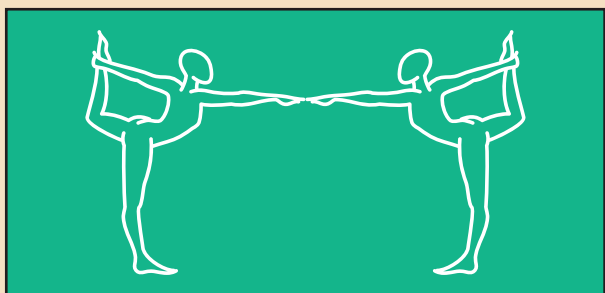
While you are dancing.....



Think about all the things that you can do well.

1

While you are doing yoga.....



Can you help a partner perform a pose?

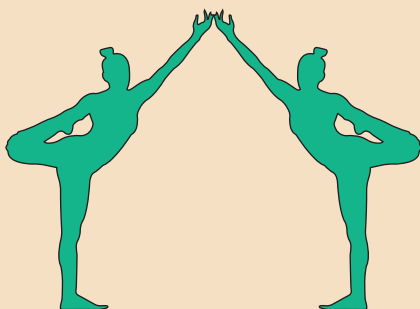
While you are doing yoga.....



Think about three things that you can improve.

2

While you are with a partner.....



Discuss how you can make the challenge harder?

While you are with a partner.....



Think about how you can use others to help you.

3



Find a quiet space inside or outside and practise writing your 'spelling' words in the air with your finger.

Worried, Frustrated, Silly, Excited

4

Air Spelling

You need:

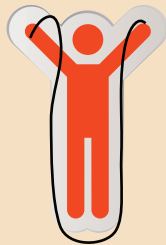


Yourself



A list of words

YELLOW ZONE



Start skipping on the spot with a rope. Pick a skip number. (It might be 3s). Now skip count by 3s. What other numbers can you use?

Worried, Frustrated, Silly, Excited

5

Skip Count Maths

You need:



Yourself



Skip Rope

YELLOW ZONE



Designate two sides of the play area as the answer spaces, such as by the door is option one and by the whiteboard is option two. The caller then will call out different "Would you rather..." options for your group to choose from!

Worried, Frustrated, Silly, Excited

6

What would you rather?

You need:



A small group

A caller

YELLOW ZONE

While you are spelling.....



Can you perform a different writing style?

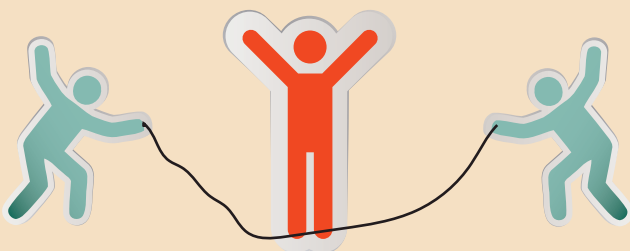
While you are spelling.....



Think about how you are able to remember these words more easily.

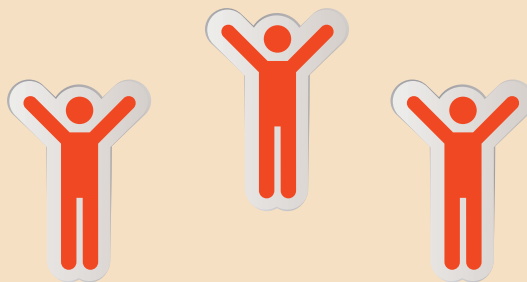
4

While you are skipping.....



Can you have two partners turn the rope for you?

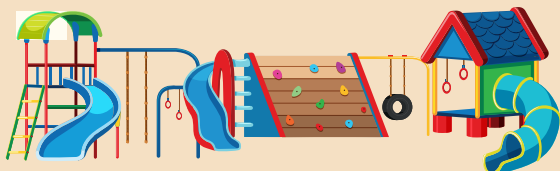
While you are skipping.....



Think about how your friends can help you get better at things.

5

Try using an outside area



Discuss as a group a fair way of taking turns as the caller.

Discuss with you group.....



What each person did to make the game more fun.

6



In a small group take it in turns to mime a sport. Can the rest of your group guess?

Mime Time

You need:

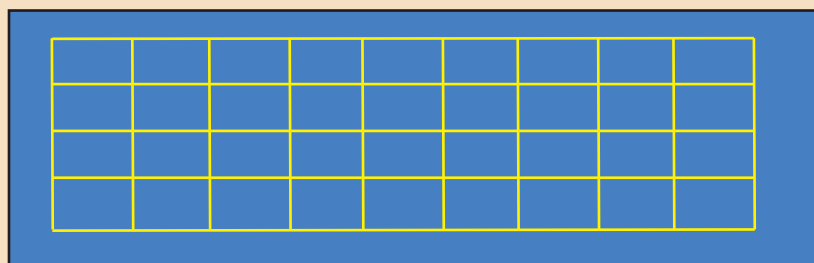


A Small Group

YELLOW zone

Worried, Frustrated, Silly, Excited

7



Head out to a space in your school yard that has lots of lines. See if you can stay on the lines but avoid other members of your group.

Line Chase

You need:



A Small Group

YELLOW zone

Worried, Frustrated, Silly, Excited

8



Take some time and go for a walk with a partner. Just have a chat about anything.

Walk and Talk

You need:



A partner

YELLOW zone

Worried, Frustrated, Silly, Excited

9

While you are MIMING.....



Can you make your heart rate increase?

7

While you are MIMING.....



Think about how you can help make your group feel accepted.

While you are running....



Can you help a partner move away from a tagger?

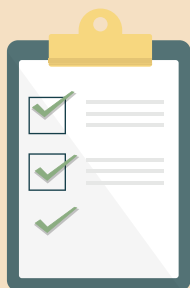
8

While you are running....



Think about three things that you can improve.

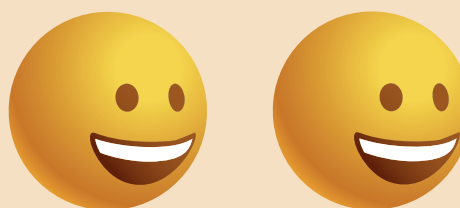
While you are with a partner.....



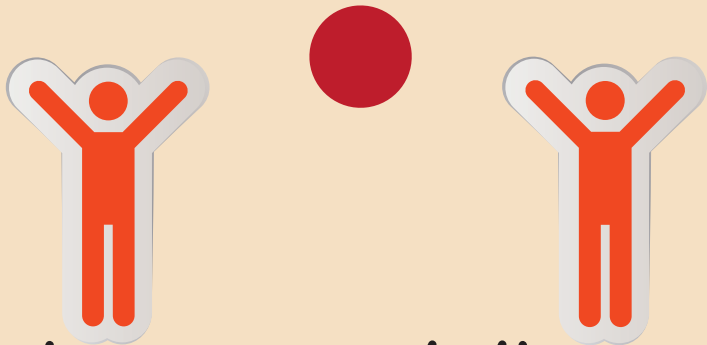
Discuss how you are going with class work?

9

While you are with a partner.....



Discuss how you can work with each other.



Find some space to throw and catch a ball with a partner. How long can you go without dropping it?

Ball Toss

You need:



Partner



Ball

YELLOW ZONE

Worried, Frustrated, Silly, Excited ¹⁰



Start with one person in the group sharing a handshake with one other person. Then this person teaches the next person and so on until each person knows the handshake.

Secret Handshake

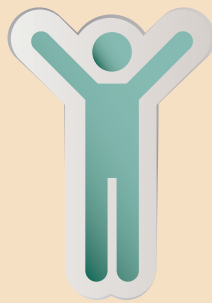
You need:



A Small Group

YELLOW ZONE

Worried, Frustrated, Silly, Excited ¹¹



Grab the piece of sports equipment you need and head outside for a few minutes to play.

Your Choice

You need:



A partner



A timer

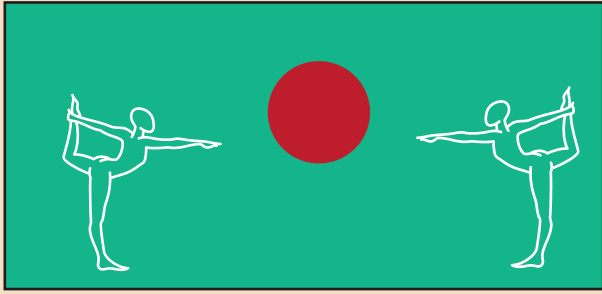


Equipment

YELLOW ZONE

Worried, Frustrated, Silly, Excited ¹²

While you are throwing.....



Add some balances in while you are trying to catch?

10

While you are throwing.....



Think about how you need to use others around you to help learn from.

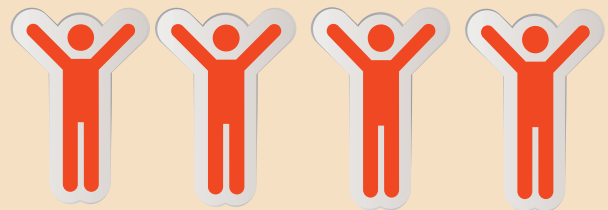
While you are in secret mode.....



Can you create a new secret name?

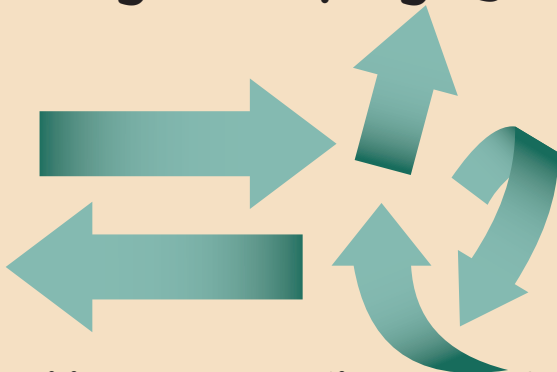
11

While you are in a group....



Discuss why it is important to feel part of a group or team.

While you are playing.....



How many different ways can you pass to your partner?

12

While you are playing.....



Chat with your partner about what you are needing help with.



Get out of the classroom for a few minutes and take a walk inside or outside.

Take a Walk

You need:



A partner

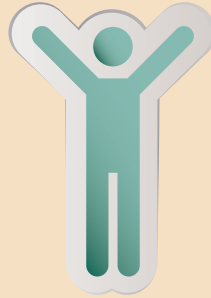


A timer

RED Zone

Overjoyed, Panicked, Angry, Terrified

1



Grab the piece of sports equipment you need and head outside for a few minutes to play.

Your Choice

You need:



A partner



A timer

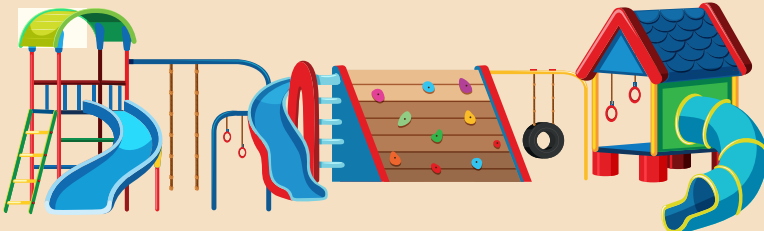


Equipment

RED Zone

Overjoyed, Panicked, Angry, Terrified

2



Head to the playground with a buddy and have a play for a few minutes.

Playground

You need:



A partner



A timer

RED Zone

Overjoyed, Panicked, Angry, Terrified

3

While you are walking.....



How many different types of birds can you see?

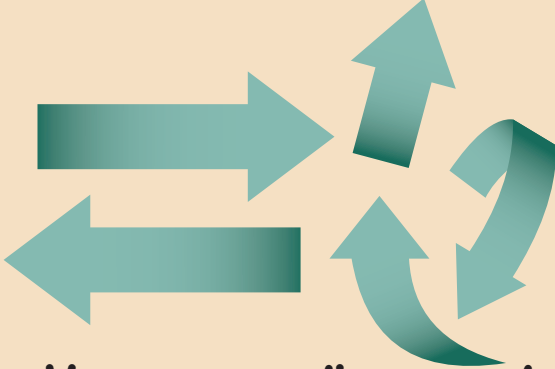
While you are walking.....



Chat with your partner about what is worrying you.

1

While you are playing.....



How many different ways can you pass to your partner?

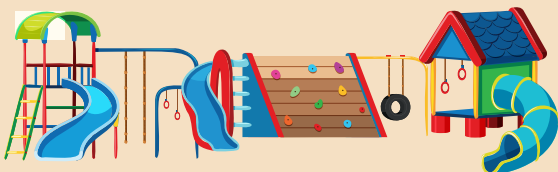
While you are playing.....



Chat with your partner about what you are needing help with.

2

While you are playing.....



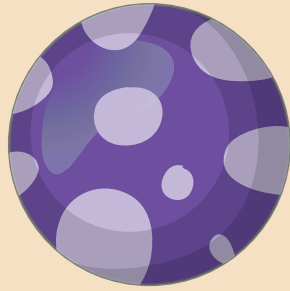
How many different ways can you move around the playground?

While you are playing.....



Chat with your partner about what is upsetting you.

3



Grab a stress ball and hold it in your hand. Squeeze it when you breath out. Release it when you breath in.

Stress Ball

You need:



A timer

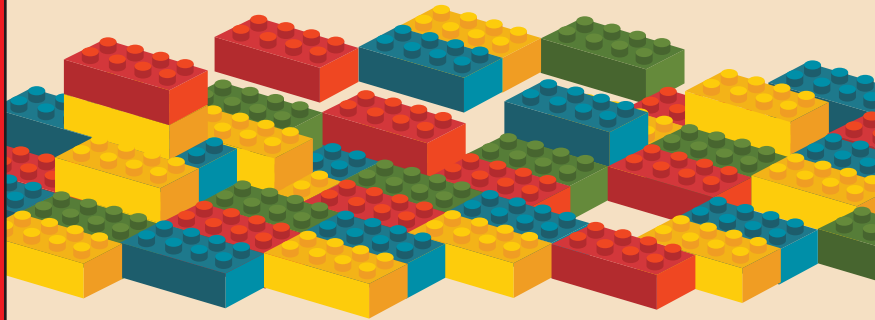


A stress ball

RED Zone

Overjoyed, Panicked, Angry, Terrified

4



Take yourself to the lego corner and start building anything you like.

Lego

You need:



Legos

RED Zone

Overjoyed, Panicked, Angry, Terrified

5



Place your headphones on and play some music that makes you feel happy.

Music

You need:



Headphones

RED Zone

Overjoyed, Panicked, Angry, Terrified

6

While you are breathing.....



Throw the ball up when you breath out and catch the ball when you breath in.

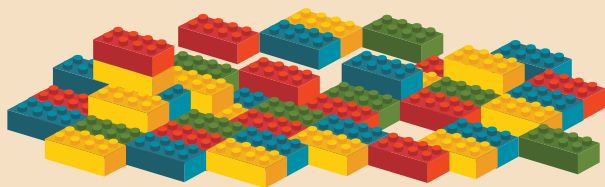
4

While you are breathing.....



Think about how slowing down your breathing helps calm you down.

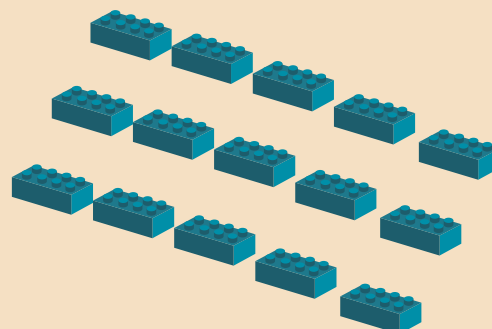
While you are building.....



How many different colours can you use to make your creation?

5

While you are building.....



Use colours that make you feel calmer.

While you are playing.....



Tap your feet or move your body to the beat of the music

6

While you are playing.....



Think how the music is helping you to calm down.



Grab some pencils and paper and draw how you are feeling right now.

Draw It Out

You need:



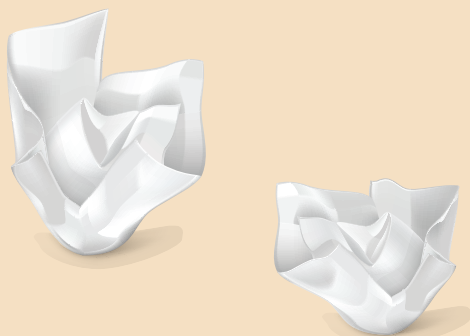
Paper

Coloured Pencils

RED Zone

Overjoyed, Panicked, Angry, Terrified

7



Grab a piece of paper and crumple it into a ball as hard as you can.

Paper Balls

You need:



A paper ball

RED Zone

Overjoyed, Panicked, Angry, Terrified

8



Take off your shoes and socks. Walk on a cooler surface like grass or tiles.

Shoes & Socks Off

You need:



RED Zone

Overjoyed, Panicked, Angry, Terrified

9

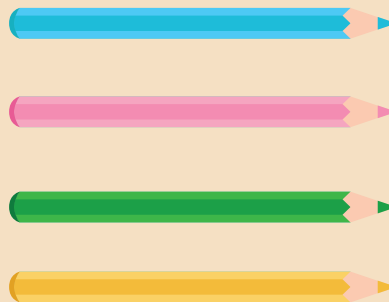
While you are drawing.....



Try to draw pictures of things that make you smile.

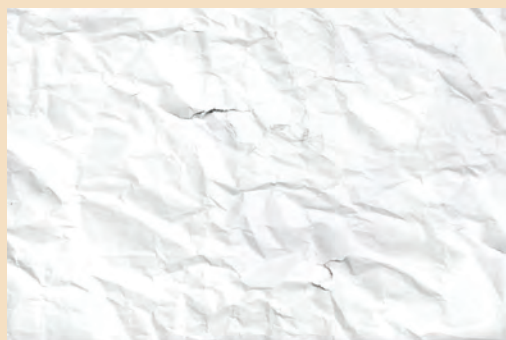
7

While you are drawing.....



Think about what colours might help make you feel calmer.

This time try to.....



Smooth out the paper using your hand. Smooth all the wrinkles out.

8

While you are smoothing.....



How does this make you start to feel calmer?

While you are walking.....



How does the cooler surface make you feel?

9

While you are walking.....



Think about other ways you can help yourself cool down when hot.



Pick five letters of the alphabet and write them down. Find an item that starts with the letter and record this.

ABC Trail

You need:



A partner



Paper

RED Zone

Overjoyed, Panicked, Angry, Terrified

10

Hearing Touch
Smell Sight Taste

Take a walk outside and see if you can record an item for each of the above sensors.

Sensory Trail

You need:



A partner



Paper

RED Zone

Overjoyed, Panicked, Angry, Terrified

11



Pick five letters of the alphabet and write them down. Find an item that starts with the letter and collect it.

Collect Collect

You need:



A partner



A basket

RED Zone

Overjoyed, Panicked, Angry, Terrified

12

While you are walking.....



What other things can you find that begin with different letters?

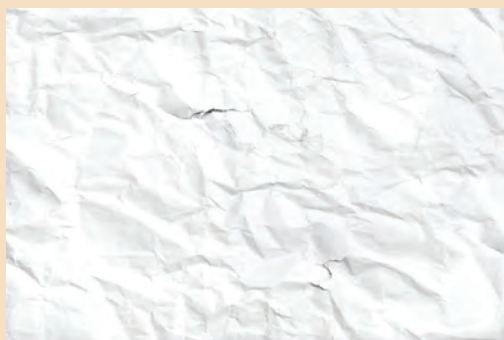
10

While you are walking.....



Think about how the quiet noises make you feel calmer.

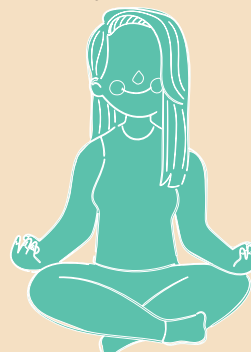
While you are walking.....



Sketch your favourite item on a piece of paper.

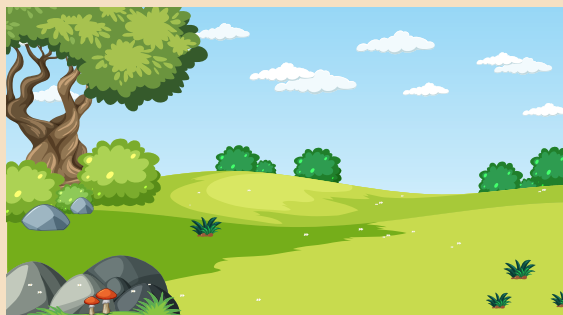
11

Talk to your partner about



how could this item make you feel calmer in class.

When you are finished collecting



see if you can return the items to the same place you collected them.

12

While you are collecting.....



Think about how you partner helps you to complete a task.



In a small group have a discussion about what you are currently learning.

Walk & Talk

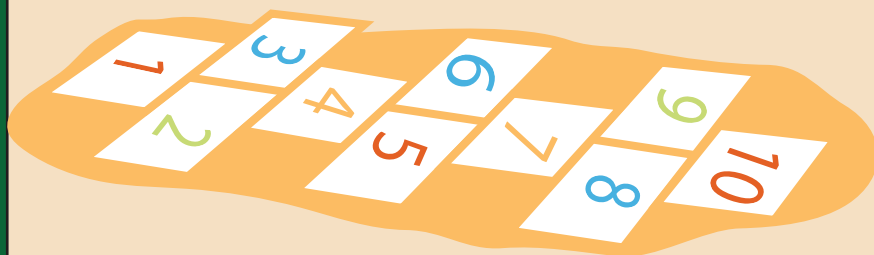
You need:



A small group

GREEN ZONE

Happy, Focused, Calm, Proud **1**



With a partner create a chalk pathway outside your room & play a game in this space.

Active

Walkway

You need:



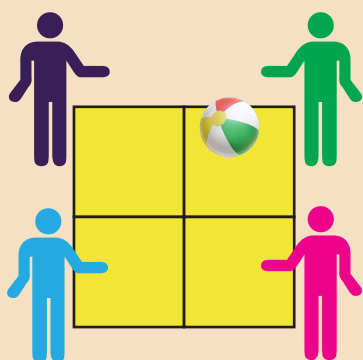
A partner



Chalk

GREEN ZONE

Happy, Focused, Calm, Proud **2**



In a small group select some equipment, set some rules and play a game.

Partner Play

You need:



A small group



Equipment

GREEN ZONE

Happy, Focused, Calm, Proud **3**

While you are walking.....



Try and make your heart rate beat faster and slower?

While you are walking.....



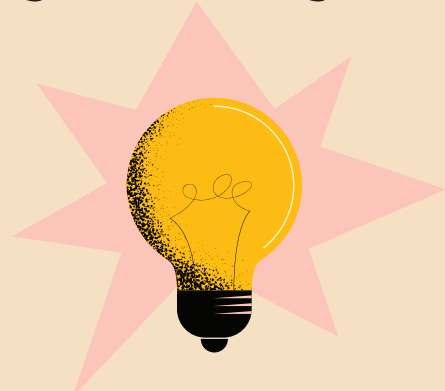
Think about how you might be able to do a task differently.

While you are playing.....



Try and make your game have an easy and harder version?

While you are playing.....



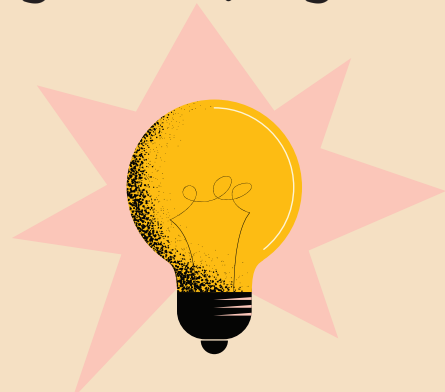
Discuss with your partner why it is important to work with others.

While you are playing.....



Discuss if the rules need to be changed to support everyone?

While you are playing.....



Discuss how your group can work together during learning time as well.



Put some music on and pretend you are bouncing on a mini-trampoline.

Just Jump!

You need:



Yourself



Music

GREEN ZONE

Happy, Focused, Calm, Proud **4**



Stretch it out. How can you stretch your arms, your back, your legs?

Stretch It Out

You need:



Yourself

GREEN ZONE

Happy, Focused, Calm, Proud **5**



On a basketball court bounce the ball around all the lines.

Basketball Play

You need:



A partner



Equipment

GREEN ZONE

Happy, Focused, Calm, Proud **6**

While you are jumping.....



Try and make your heart rate beat faster and slower?

While you are jumping.....



Think about how you might be able to do this task differently.

4

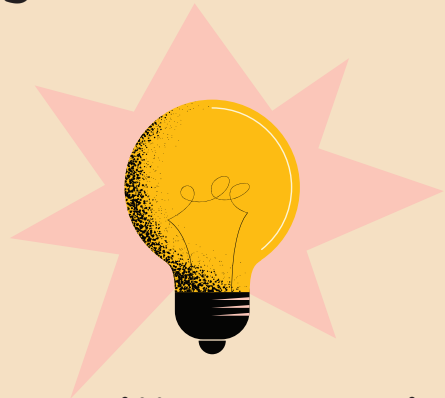
While you are stretching....



Help a friend who may be having difficulty with balance.

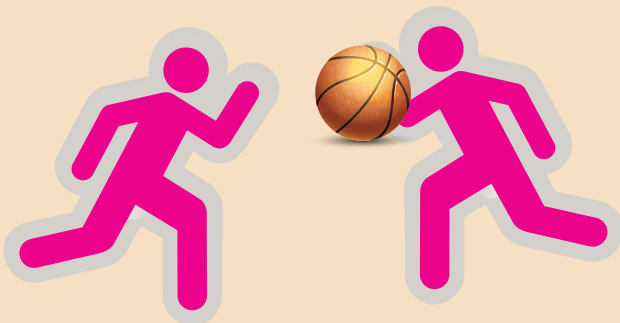
5

While you are stretching....



Discuss with a your friend how you can help each other during class.

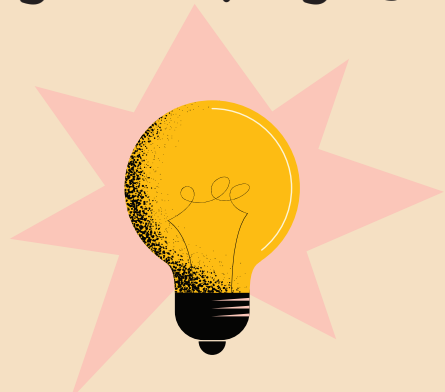
While you are playing.....



Work with a partner to pass the ball as fast as you can.

6

While you are playing.....



Dicsuss how your partner and you work well together.

Imagine you are standing in front of an enormous pot. Inside the pot is an ooey-gooey pot of caramel. Take hold of a large stirrer and plunge it to the bottom of the pot. Slowly begin to stir in a clockwise direction.



Stir the Pot

You need:



Yourself

GREEN ZONE

Happy, Focused, Calm, Proud **7**

Stand tall and cross one leg in front of the other while pressing the outsides of your feet together. Now cross your arms over one another at the wrists. Clasp your hands and curl your arms into your chest.



Chill Out

You need:



Yourself

GREEN ZONE

Happy, Focused, Calm, Proud **8**



Get hearts pumping with a quick sequence of exercises. Call out 5 actions for your group to do as quickly as they can. For instance, 5 jumping jacks, 4 push-ups, 3 situps, 2 squat jumps, and 1 tree pose.

Energize in

5, 4, 3, 2, 1

You need:



A small group

GREEN ZONE

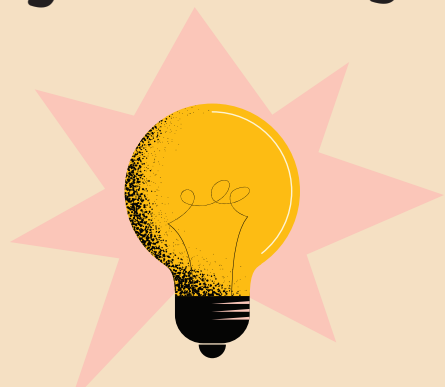
Happy, Focused, Calm, Proud **9**

While you are stirring.....



Try and use your whole body to stir the pot?

While you are stirring.....



Think about how you might be able to use movement to learn new things.

7

While you are chilling out.....



Take a few breaths, uncross and cross the opposite way for a few more breaths.

While you are chilling out.....



Think about when you may need to chill out during each day.

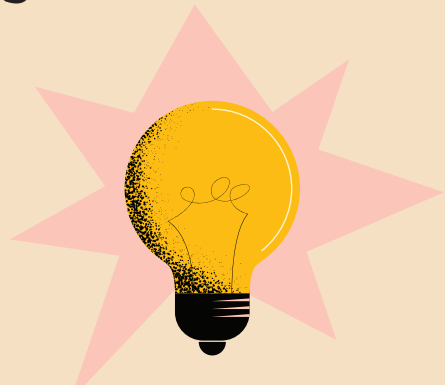
8

While you are energizing.....



Have another leader call different actions.

While you are energizing.....

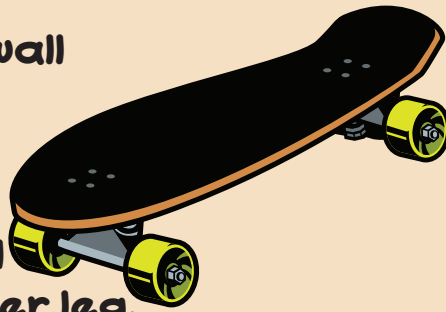


Think about some things you do well and some you need to improve.

9

Line up next to a wall and place one hand on the wall.

Plant the foot closest to the wall and swing the other leg, as if pushing off the ground on a skateboard. Start slowly, with tiny swings, moving up to power pushes. Show how your board moves and jumps.



Imaginary Skateboard

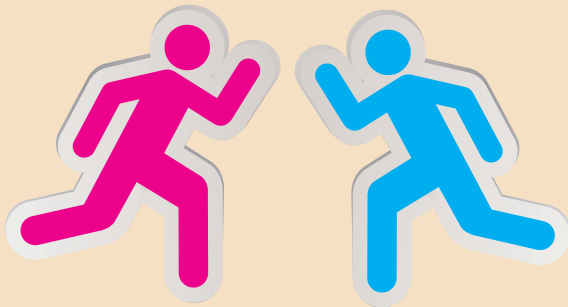
You need:



Yourself

GREEN ZONE

Happy, Focused, Calm, Proud 10



Challenge a partner to an arm sprint off. On go you should swing your arms back and forward as fast as you can like you are sprinting.

Arm Sprinters

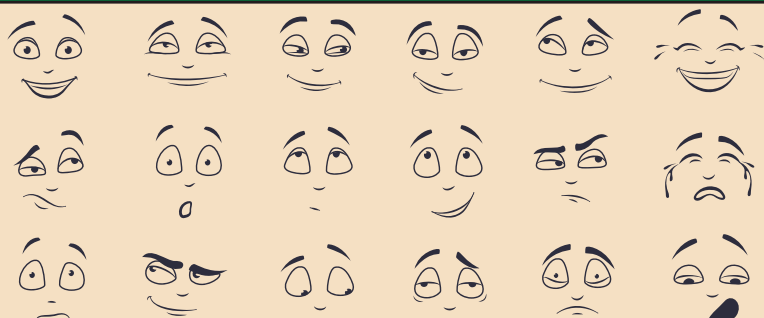
You need:



A partner

GREEN ZONE

Happy, Focused, Calm, Proud 11



You have to perform routine using only the muscles in your face. Wiggle your eyebrows up and down as fast as you can. Then try to raise one eyebrow at a time. Twitch your nose sideways and open your eyes.

Facial Gymnastics

You need:



A partner

GREEN ZONE

Happy, Focused, Calm, Proud 12

While you are skating.....



Try and make your heart rate beat faster and slower?

While you are skating.....



Think about how you might be able to make this task harder.

While you are sprinting.....



See if you can sprint faster than your partner over 30 seconds?

While you are sprinting....



Discuss with your partner how you can change the action to keep going for longer.

While you are competing.....



Try to mirror your partner with their facial expressions.

While you are competing.....



Think about how happy you feel when you are laughing.



In a small group throw a ball around to each other. See how many throws you can do in 30 seconds. Can you beat this score?

Hot Potato

You need:



A small group

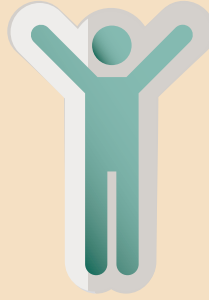


A soft ball

BLUE Zone

Sad, Bored, Tired, Sick

1



Grab the piece of sports equipment you need and head outside for a few minutes to play.

Your Choice

You need:



A partner



A timer



Equipment

BLUE Zone

Sad, Bored, Tired, Sick

2

With a partner find a quiet space and together try to use arms circles to count to a number you both agree with.



Arm Circles

You need:



A partner



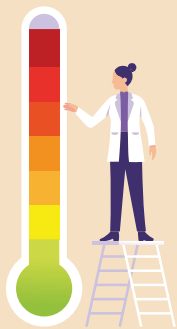
A timer

BLUE Zone

Sad, Bored, Tired, Sick

3

While you are throwing.....



Pay attention to your body temperature. See if you can make yourself warmer.

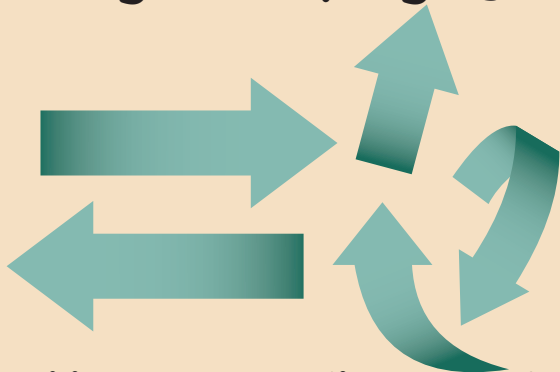
1

While you are throwing.....



Chat with your group about why you are feeling like you are.

While you are playing.....



How many different ways can you pass to your partner?

2

While you are playing.....



Chat with your partner about what you need to help make you feel better.

While you are exercising....



Think of another way to move your upper body.

3

While you are exercising....



Chat with your partner how these exercises may help you feel better.



With a partner take it in turns to guide each other around the room.

Trust

You need:



A partner

BLUE Zone

Sad, Bored, Tired, Sick

4

Find a set of steps with a partner and discover how many ways you can move up and down them.



Steps

You need:



A partner

BLUE Zone

Sad, Bored, Tired, Sick

5



Place your headphones on and play some music that makes you feel happy.

Music

You need:



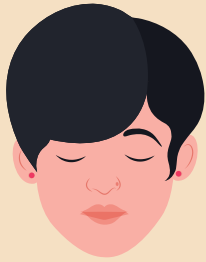
Headphones

BLUE Zone

Sad, Bored, Tired, Sick

6

While you are guiding.....



Encourage your partner to trust you enough to close their eyes.

Chat with your partner...

NEW

About how trust allows you to take risks when learning new things.

4

While you are climbing.....



How can you make your heart beat faster?

While you are climbing.....



Think how you might feel ready for some work.

5

While you are playing.....



Tap your feet or move your body to the beat of the music

While you are playing.....



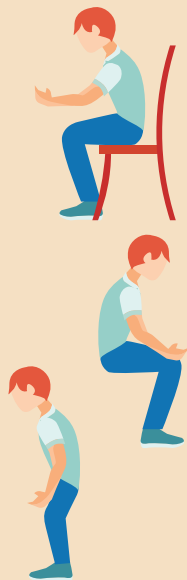
play a style of music that allows your heart to beat faster as you move.

6

With a partner play
a game of:
Sit, Stand, Squat.
(Rock Paper Scissors)

On go select an action:

Winner:
Sit beats Squat
Squat beats Stand
Stand beats Sit



Sit, Stand, Squat

You need:



A partner



A chair

BLUE Zone

Sad, Bored, Tired, Sick

7



Outside your classroom can
you pretend you are a horse
and gallop, jump, leap, slide,
and skip around this space.

The Horse

You need:



A partner

BLUE Zone

Sad, Bored, Tired, Sick

8

Find a nice soft piece of
grass. Pretend you are on a
trampoline.

Can you twist,
leap, bend,
stretch, jump?



Grass Trampoline

You need:



A partner

BLUE Zone

Sad, Bored, Tired, Sick

9

While you are playing.....



Think of three other actions you can use with your partner.

7

While you are playing.....



Think about how this game is helping improve your mood.

This time try to.....



move in other ways around the same area.

8

While you are moving.....



Consider when you feel like you are ready to learn.

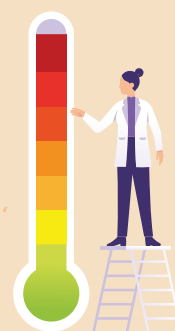
While you are jumping.....



Can you and your partner copy each others actions?

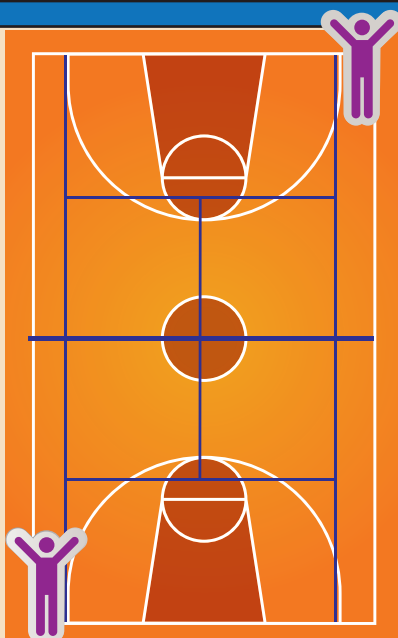
9

While you are jumping.....



Feel how this action is help your body and brain to warm up.

On a court with lots of lines start at opposite corners. The cat should attempt to catch the mouse by only running on the lines.



Cat & Mouse

You need:

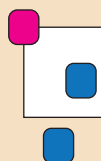
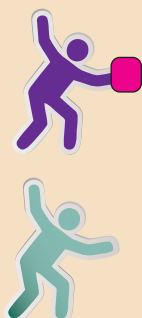


A partner

BLUE Zone

Sad, Bored, Tired, Sick

10



Place a piece of paper down on the ground. One partner at a time should underarm a bean bag to try and land on the paper.

Bean Bag Challenge

You need:



A partner



4 Bean Bags

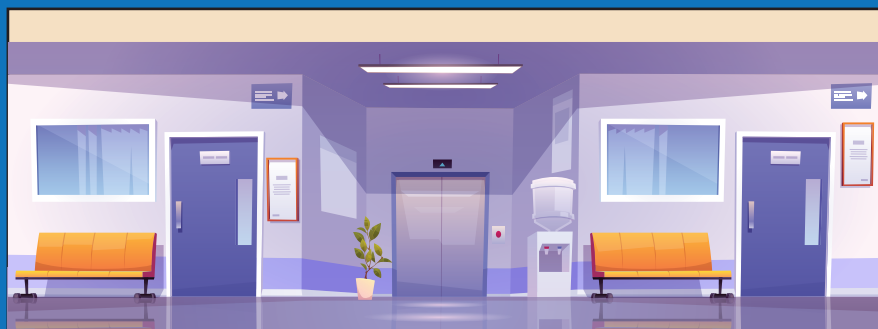


1 piece of paper

BLUE Zone

Sad, Bored, Tired, Sick

11



With a partner move to a space with lots of things to look at. One person says 'I Spy.... something beginning with.....'. The other person should move to the item to show their guess.

I SPY

You need:



A partner

BLUE Zone

Sad, Bored, Tired, Sick

12

While you are playing.....

Run
gallop
Shuffle
Walk

Think of other ways you
can move to play the
game?

10

While you are playing.....



Think how
warmer your
body is getting.
Why do you think
this happens?

While you are playing.....



can you create a
different way to get the
bean bag to the paper.

11

Talk to your partner
about

Easier
Harder

how you may make this
challenge harder or
easier.

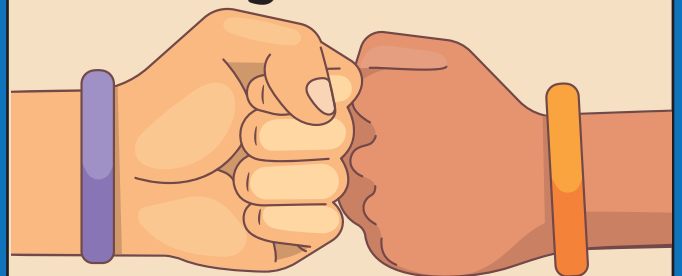
When you are taking turns



see if you can move in
fun creative ways to the
items you are guessing.

12

While you are working
together.....



Think about how your
partner helps you to
complete tasks.