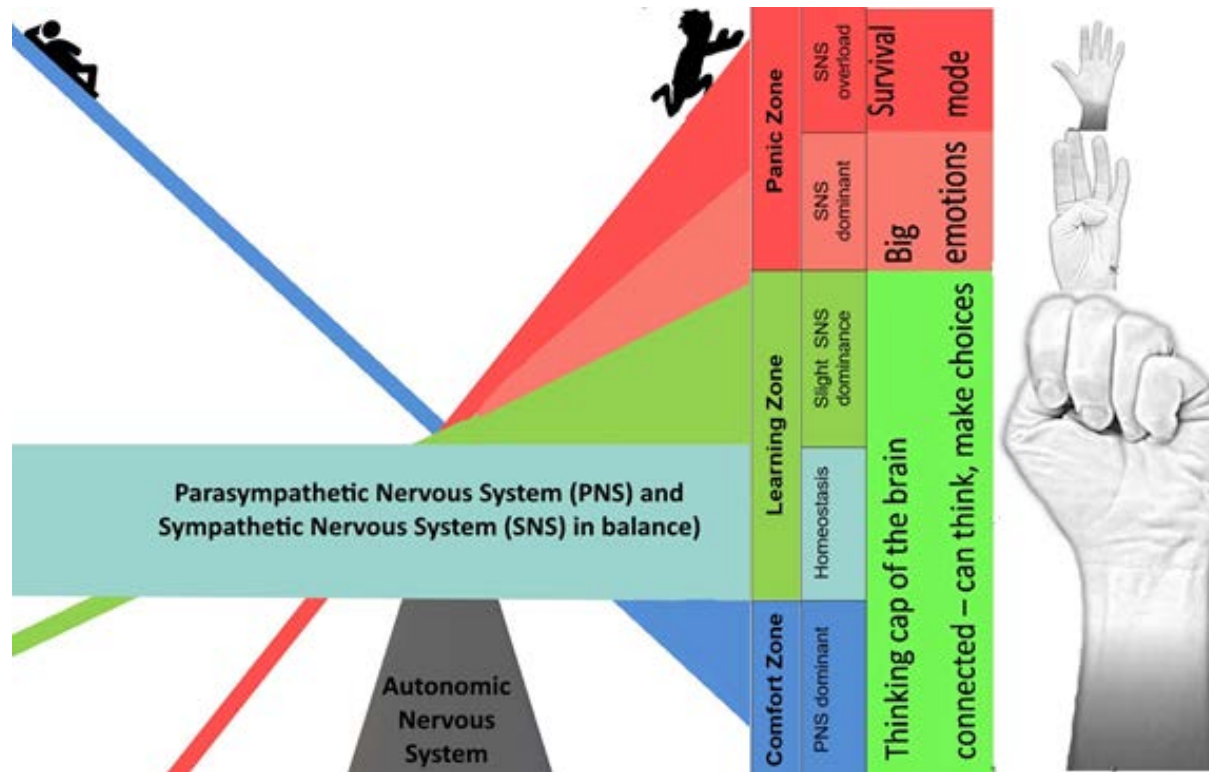




# Regulation scale guide

Additional tools and resources developed to aid in the completion of the [regulation scale \(HSP432\)](#).

The regulation scale must be completed in consultation with the child or young person.




Tools and resources used in this guide are credited to Michelle McAuley, Behaviour Support Coach, Student Support Services; Natalie Keefe, SSO Whyalla High School; Dr Emma Goodall, Manager Disability and Complex Needs, Disability Policy and Programs

## Step by step regulation scale activity

The child or young person completes each section by answering each question and responding to how they feel in this situation. This activity cannot be completed when the child or young person is in panic zone.

When you are developing your interoception it is important to keep checking in with yourself.  
Complete this table for yourself.

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode

 <h1 style="margin: 0;">Comfort zone</h1> <p style="margin: 0;">Parasympathetic nervous system (PNS) dominant</p>	
Why are you in comfort zone?	How does your body feel?

When you are developing your interoception it is important to keep checking in with yourself.  
 Complete this table for yourself.

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Learning zone

Parasympathetic -sympathetic nervous system  
 Homeostasis

Why are you in a comfortable learning zone?

How does your body feel?

When you are developing your interoception it is important to keep checking in with yourself.  
 Complete this table for yourself.

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Learning zone

Slightly sympathetic nervous system (SNS) dominant

Why are you in an active learning zone?

How does your body feel?

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When you are developing your interoception it is important to keep checking in with yourself.  
 Complete this table for yourself.

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Big emotions zone

Sympathetic nervous system (SNS) dominant

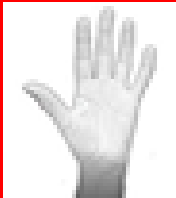
Why do you get in big emotions zone?

How does your body feel then?

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When you are developing your interoception it is important to keep checking in with yourself.  
 Complete this table for yourself.

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Panic zone

Sympathetic nervous system (SNS) overload

Why do you get in panic zone?

How does your body feel then?

--	--



**Sometimes when we hold emotional tension in our body, our body can experience this as physical tension.**

Which muscles in your body get tight when you are experiencing **big emotions**?

Design an interoception activity to tense and relax the muscles in that body part. Don't forget you can stretch and relax muscles or tense and relax muscles. Draw or write how to do this activity below:



**Sometimes when we hold emotional tension in our body, our body can experience this as physical tension.**

Which muscles in your body get tense when you are experiencing **sympathetic nervous system overload** (panic zone/survival behaviours)?

Design an interoception activity to tense and relax the muscles in that body part. Don't forget you can stretch and relax muscles or tighten and relax muscles. Draw or write how to do this activity below:



When I am experiencing big emotions, I can do things to feel better and manage myself. Other people can also help me to feel better. My favourite interoception activity will help me by calming my brain down and getting me ready to learn.

To feel better I need to  
interoception activity:



everything, **breathe in and out,** and then do this

A large, empty rectangular box with a thin black border, intended for a student to write their response to the prompt.

## When do I feel like this?

We are all different, complete the table for yourself. You can put an icon, picture or drawing in the coloured cells that have no text that represents that zone for you.

Regulation zone			When do I feel like this?
Panic Zone	SNS overload		
	SNS dominant		
Learning Zone	Slight SNS dominance		
	Homeostasis		
Comfort Zone	PNS dominant		

## How do I know I am in this zone?

We are all different, complete the table for yourself. You can put an icon, picture or drawing in the coloured cells that have no text that represents that zone for you.

Regulation zone			How do I know that I am in this zone (my external and internal body signals)
Panic Zone	SNS overload		
	SNS dominant		
Learning Zone	Slight SNS dominance		
	Homeostasis		
Comfort Zone	PNS dominant		

## How can I get, or stay, in learning zone?

We are all different, complete the table for yourself. You can put an icon, picture or drawing in the coloured cells that have no text that represents that zone for you.

Regulation zone			How can I get into, or stay in, learning zone? What are my strategies to self-regulate?
Panic Zone	SNS overload		
	SNS dominant		
Learning Zone	Slight SNS dominance		
	Homeostasis		
Comfort Zone	PNS dominant		

## How can other people help me?

We are all different, complete the table for yourself. You can put an icon, picture or drawing in the coloured cells that have no text that represents that zone for you.

Regulation zone			How can other people help me to get into, or stay in, learning zone? What can they do to co-regulate me?
Panic Zone	SNS overload		
	SNS dominant		
Learning Zone	Slight SNS dominance		
	Homeostasis		
Comfort Zone	PNS dominant		

When you are developing your interoception it is important to keep checking in with yourself. **Complete this table for yourself.**

<b>Comfort Zone</b>	<b>Learning Zone</b>		<b>Panic Zone</b>	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Comfort zone

Parasympathetic nervous system (PNS) dominant

Why are you in comfort zone?	How does your body feel?	What can you do to activate your sympathetic nervous system (learning zone)?

When you are developing your interoception it is important to keep checking in with yourself. **Complete this table for yourself.**

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Learning zone

Parasympathetic -sympathetic nervous system  
Homeostasis

Why are you in a comfortable learning zone?	How does your body feel?	What can you do to stay in learning zone?

When you are developing your interoception it is important to keep checking in with yourself. **Complete this table for yourself.**

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



# Learning zone

Slightly sympathetic nervous system (SNS) dominant

Why are you in an active learning zone?	How does your body feel?	What can you do to stay in learning zone?



When you are developing your interoception it is important to keep checking in with yourself. **Complete this table for yourself.**

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode



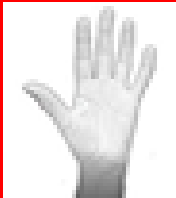
# Big emotions zone

Sympathetic nervous system (SNS) dominant

Why do you get in big emotions zone?	How does your body feel then?	What can you do to activate your parasympathetic nervous system?

When you are developing your interoception it is important to keep checking in with yourself. **Complete this table for yourself.**

Comfort Zone	Learning Zone		Panic Zone	
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Thinking cap of the brain connected – can think, make choices			Big emotions	Survival mode








# Panic zone


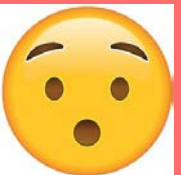



Sympathetic nervous system (SNS) overload

Why do you get in panic zone?	How does your body feel then?	What can you do to activate your parasympathetic nervous system?






















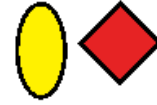



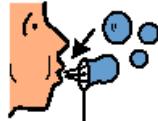








## Example of completed regulation scale

 <ul style="list-style-type: none"> <li>• I am calm.</li> <li>• Shoulders are relaxed.</li> <li>• Breathing and heartbeat are regular.</li> <li>• Brain is full of good thoughts.</li> <li>• I feel like being with other people.</li> <li>• I can think and make choices.</li> </ul>	 <ul style="list-style-type: none"> <li>• I am in control of my actions.</li> <li>• I am in control of what I say.</li> <li>• I am concentrating on my work.</li> <li>• Warm hands.</li> <li>• Tummy swirls.</li> <li>• Heart beating a little fast.</li> </ul>	 <ul style="list-style-type: none"> <li>• Head hurts.</li> <li>• Hands sweaty.</li> <li>• Neck and shoulders tight.</li> <li>• Mouth/throat feels dry.</li> <li>• Start to have negative thoughts about people who have been nasty.</li> <li>• Feeling stressed.</li> <li>• Excited about my learning.</li> </ul>	 <ul style="list-style-type: none"> <li>• Body shaking.</li> <li>• Neck and shoulders are tight.</li> <li>• Swearing.</li> <li>• Clenching my fist or jaw.</li> <li>• Breathing and heart rate is faster.</li> <li>• Putting my head on the table.</li> <li>• Say rude things back.</li> </ul>	 <ul style="list-style-type: none"> <li>• Body is hot.</li> <li>• Hand clenched.</li> <li>• Screaming.</li> <li>• Throwing things.</li> <li>• I don't hear people talking to me.</li> <li>• I can't feel my body signals.</li> <li>• I am in overload.</li> </ul>
PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
<b>Comfort zone</b>	<b>Learning zone</b>		<b>Panic Zone</b>	

## Example of completed regulation scale – 3 year old

Regulation zone		Why do I feel like this?	What signals am I getting from my body (interoception)?	What can I (or someone else) do to help?
Panic Zone	SNS overload	 Nothing is working! I am out of control! I can't think or problem solve! Brain explosion! If I do something wrong. If I have disappointed someone.	My brain just sounds like explosions everywhere. My forehead feels in pain. My face scrunches up a lot. Sometimes I scream at people. I don't hear people talking to me. Sometimes I will hit others in a rude way. I am going into a 'flight or fight mode where I run away or hit others. I sometimes stamp my feet. I throw things. I screw up or rip paper.	Keep me safe and move others away from me. Please let me go somewhere quieter. Give me time and space to feel safe again. Don't try and approach or talk to me until I'm ready. Please let me sit in under a blanket. I need to try to get to The Nest if I feel unsafe or stressed this much.
	SNS dominant	 I can't or don't want to do something. Stress levels are really high.	My head begins to shake and my face gets very tight and angry looking. I put my clenched fists up to my forehead. My heartbeat gets a bit faster. I sometimes pull my shoulders up around my ears. I will fidget or get distracted (maybe with my footy cards). I put my head on my desk and refuse to do work.	Please stop talking to me – I cannot listen to you. Try my star breathing to slow down my breathing and my heartbeat. If my heart is beating strongly, it's okay. This is just my body's way of telling me to take a break. If I can I will give my Nest/Chill card to my teacher but if I am too angry I will put it on her desk.
Learning Zone	Slight SNS dominance	 My stress levels are increasing. When I feel as though other students have said nasty things to me. My work feels too hard and I feel like I can't make it easier. If people have offended me.	My face screws up and gets cranky. I start to have negative thoughts about the people who have been nasty to me. Sometimes I say rude things back. My throat feels very stretchy and fat. I sometimes need some time alone.	Choose one of my calming activities (bounce the ball, sit quietly). I can go to The Nest for a break (colouring, drawing, Lego, beanbag). The teacher could ask me if I need a break in The Nest. I can ask for help. I can look around and see what others are doing to help me understand what to do.
	Homeostasis	 When I'm working independently on work that is just a little challenging.	I am in control of my actions and what I say to others. I am concentrating on my work or the task I am doing.	I need to have a tiny think about how I can fix my problem. I can resolve this without help (with my resolving cap on). Sometimes I need a little help with understanding what I have to do. I can contribute more to the class environment. I can ask for help.
Comfort Zone	PNS dominant	 Things are going along as planned. I am getting my work completed. Feeling safe and happy. Playing games in the hall. When I'm enjoying myself. When others say "Well done _____."	My body feels a bit excited (including my feet). My body feels a bit tingly. I usually smile. I can't even feel my heart beating. My arms and legs are working well because my brain is telling them to be kind to themselves.	I can talk to others to help them with their work. Others can thank me for helping them. I can just relax and enjoy what I'm doing.

## Example of completed regulation scale – symbols and reduced language

Regulation zone		Why do I feel like this?	What signals am I getting from my body (interoception)?		What can I (or someone else) do to help?			
Panic Zone	SNS overload		Nothing is working 	Body is hot 	Hand clenched 	Give me space 	Reduce lights and noise 	
	SNS dominant		Can't do something 	Someone yells at me 	Body shaking 	Neck hurts 	Go to sensory room 	Quiet space 
Learning Zone	Slight SNS dominance		Loud noises 	New learning 	Head hurts 	Hands sweaty 	Have a break 	Ask for help 
	Homeostasis		Something changes 	New face 	Tummy swirls 	Warm hands 	Blow bubbles 	Have a drink 
Comfort Zone	PNS dominant		Safe and happy 	Playing Lego 	Shoulders relaxed 	Tingly 	Keep working 	Relax 

## Example of completed regulation scale – internalising behaviour

Regulation zone		Why do I feel like this?	What signals am I getting from my body (interoception)?	What can I (or someone else) do to help?
Panic Zone	SNS overload	Nothing is working! I am completely overwhelmed! I can't think or problem solve!	Like being in a bubble, I can't hear or speak. I might cry or curl up in a ball or hide somewhere. I can't feel my body signals, I am moving into survival response (freeze).	Let me move into my safe space or hide. Don't try and move me physically. Turn the lights down and reduce noise and movement. Give me time and space for this stage to pass. Don't try and approach or talk to me until I am ready. Reassure me that I'm okay from a distance using minimal language. I might look like I'm asleep, this is a complete shutdown and I will need time and space to recover.
	SNS dominant	Someone says something I don't like. I can't or don't want to do something. I'm overloaded with sensory input. Stress levels are really high.	Pull my hood over my head or put my head on the table. Crawl under the table or hide inside a box. I sometimes shake and find it hard to speak or process information. My breathing and heart rate are increasing and getting stronger. I might be sweating and can't take in what people are saying. My neck and shoulders feel very tight.	Stop talking; use minimal language (adults). Focus on slowing down my breathing. If my heart is beating strongly, it's okay. This is just my body's way of telling me to take a break. Try to move to a safe place (adult can prompt with verbal or visual, do not physically move me). Check if I need my blanket or security object. Interoception activity. Check heart rate.
Learning Zone	Slight SNS dominance	There is a change I am not expecting. Someone tells me I am wrong. My stress levels are increasing.	Stomach starts to hurt. I start to have negative thoughts about someone or something. My neck is starting to tighten and my throat feels dry.	Excuse myself and go to a safe place. Get a drink of water and/or have something to eat. Choose one of my calming activities. An adult might give me a verbal or visual prompt. Interoception activity. Check heart rate.
	Homeostasis	Things are going along as planned. I am getting my work completed. I might be challenged with some new learning or I'm trying a new activity.	My body is where it should be. I am in control of what I say. I prefer to be alone. My heart feels like it's beating a little faster.	Hang in there. This is good. I can get some work done. I don't need to be social. People can give me some space. I can take a 5 minute break. Drink some water. Interoception activity. 5 deep breaths and focus on my chest rising/falling. Check heart rate.
Comfort Zone	PNS Dominant	This is almost perfect. I got a good grade. Someone complimented me. I'm doing something I really enjoy.	I am very calm and my body is regulated. I feel like being with other people. My brain is full of good thoughts about people and things. My breathing and heartbeat are regular and my shoulders are relaxed.	Relax. Smile. Enjoy the moment. Compliment people back.

## Example of completed regulation scale – externalising behaviour

Regulation zone		Why do I feel like this?	What signals am I getting from my body (interoception)?	What can I (or someone else) do to help?
Panic Zone	SNS overload	Nothing is working! I am out of control! I can't think or problem solve!	Like being in a tidal wave. Screaming and maybe throwing things. I don't hear people talking to me. I can't feel my body signals, I am going into a 'flight, fight, freeze' survival response.	Keep me safe and move others away from me. Turn the lights down and reduce noise and movement. Give me time and space to ride the wave. Don't try and approach or talk to me until I am ready.
	SNS dominant	Someone says something I don't like. I can't or don't want to do something. I'm overloaded with sensory input. Stress levels are really high.	Swearing. I sometimes shake. My breathing and heart rate are increasing and getting stronger. I might be clenching my fists or jaw. My neck and shoulders feel very tight.	Stop talking. Focus on slowing down my breathing to slow down my brain. If my heart is beating strongly, it's okay. This is just my body's way of telling me to take a break. Try to walk to a safe place. Interoception activity. Check heart rate.
Learning Zone	Slight SNS dominant	There is a change I am not expecting. Someone tells me I am wrong. My stress levels are increasing.	Stomach starts to hurt. I start to have negative thoughts about someone or something. My neck is starting to tighten and my throat feels dry.	Excuse myself and go to a safe place. Get a drink of water and/or have something to eat. Choose one of my calming activities. An adult might give me a verbal or visual prompt. Interoception activity. Check heart rate.
	Homeostasis	Things are going along as planned. I am getting my work completed. I might be challenged with some new learning or I'm trying a new activity.	My body is where it should be. I am in control of what I say. I prefer to be alone. My heart feels like it's beating a little faster.	Hang in there. This is good. I can get some work done. I don't need to be social. People can give me some space. I can take a 5 minute break. Drink some water. Interoception activity. 5 deep breaths and focus on my chest rising/falling. Check heart rate.
Comfort Zone	PNS dominant	This is almost perfect. I got a good grade. Someone complimented me. I'm doing something I really enjoy.	I am very calm and my body is regulated. I feel like being with other people. My brain is full of good thoughts about people and things. My breathing and heartbeat are regular and my shoulders are relaxed.	Relax. Smile. Enjoy the moment. Compliment people back.

Pick examples from the list or write your own description of your experience of comfort zone.



# Comfort zone



Parasympathetic nervous system (PNS) dominant

Why are you in comfort zone?	How does your body feel (interoception)?	What can you do (or someone else do) to activate your sympathetic nervous system (learning zone)?
<ul style="list-style-type: none"> <li>• Safe and happy.</li> <li>• I got a good grade.</li> <li>• Someone complimented me.</li> <li>• I'm doing something I enjoy.</li> <li>• Things are going to plan.</li> </ul>	<ul style="list-style-type: none"> <li>• I am calm.</li> <li>• Shoulders are relaxed.</li> <li>• Breathing and heartbeat are regular.</li> <li>• Brain is full of good thoughts.</li> <li>• I feel like being with other people.</li> <li>• I can think and make choices.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Relax.</li> <li>✓ Smile.</li> <li>✓ Compliment people back.</li> <li>✓ Enjoy what I'm doing.</li> <li>✓ Keep working.</li> <li>✓ Help others.</li> </ul>

Now complete an interoception activity. Once you have finished your interoception activity select which zone you are in now:

PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Comfort zone		Learning zone		Panic Zone



Pick examples from the list or write your own description of your experience of learning zone.



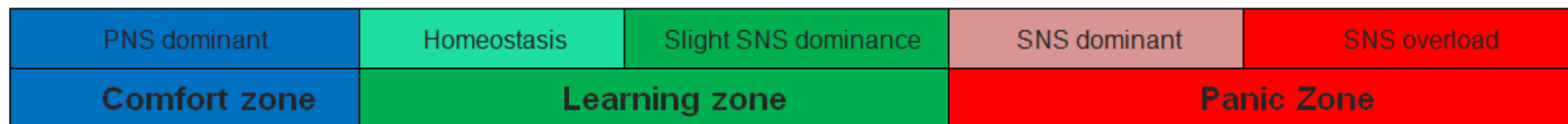
# Learning zone

Parasympathetic -sympathetic nervous system / Homeostasis



Why are you in a comfortable learning zone?	How does your body feel (interoception)?	What can you do to stay in learning zone?
<ul style="list-style-type: none"> <li>• I am completing work.</li> <li>• Things are going along as planned.</li> <li>• Working independently on work that is a little challenging.</li> <li>• Something changes.</li> <li>• New face.</li> <li>• There is a change I'm not expecting.</li> <li>• Work is too hard.</li> </ul>	<ul style="list-style-type: none"> <li>• I am in control of my actions.</li> <li>• I am in control of what I say.</li> <li>• I am concentrating on my work.</li> <li>• Warm hands.</li> <li>• Tummy swirls.</li> <li>• Heart beating a little faster.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hang in there.</li> <li>✓ I can get some work done.</li> <li>✓ Don't need to be social.</li> <li>✓ 5 deep breaths.</li> <li>✓ I can take a 5 minute break.</li> <li>✓ I can ask for help.</li> <li>✓ Interoception activity.</li> <li>✓ Check heart rate.</li> </ul>

Now complete an interoception activity. Once you have finished you interoception activity select which zone you are in now:



Pick examples from the list or write your own description of your experience of learning zone.



# Learning zone



Slightly sympathetic nervous system (SNS) dominant

Why are you in active learning zone?	How does your body feel (interoception)?	What can you do to stay in learning zone?
<ul style="list-style-type: none"> <li>• Stress levels are increasing.</li> <li>• Loud noises.</li> <li>• Learning something new.</li> <li>• Someone tells me I am wrong.</li> <li>• There is a change I am not expecting.</li> <li>• Work is too hard.</li> <li>• I feel other students have said nasty things to me.</li> </ul>	<ul style="list-style-type: none"> <li>• Head hurts.</li> <li>• Hands sweaty.</li> <li>• Neck and shoulders are starting to tighten.</li> <li>• Mouth/throat feels dry.</li> <li>• Start to have negative thoughts about people who have been nasty.</li> <li>• Say rude things back.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Have a break.</li> <li>✓ I could look at what others are doing to help me.</li> <li>✓ I can ask for help.</li> <li>✓ Adult may need to prompt me.</li> <li>✓ Interoception activity.</li> <li>✓ Check heart rate.</li> </ul>

Now complete an interoception activity. Once you have finished you interoception activity select which zone you are in now:

PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
<b>Comfort zone</b>		<b>Learning zone</b>		<b>Panic Zone</b>

Pick examples from the list or write your own description of your experience of big emotions:



# Big emotions zone



Sympathetic nervous system (SNS) dominant

Why do you get in big emotions zone?	How does your body feel then (interoception)?	What can you do to activate your parasympathetic nervous system?
<ul style="list-style-type: none"> <li>• Stress levels are high.</li> <li>• I am anxious about doing something.</li> <li>• I can't do something.</li> <li>• Someone yells at me.</li> </ul>	<ul style="list-style-type: none"> <li>• Body shaking.</li> <li>• Neck and shoulders are tight.</li> <li>• Swearing.</li> <li>• Clenching my fist or jaw.</li> <li>• Breathing and heart rate is faster.</li> <li>• Putting my head on the table.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stop talking.</li> <li>✓ Focus on slowing down my breathing.</li> <li>✓ Go to sensory room.</li> <li>✓ Interoception activity.</li> <li>✓ Check heart rate.</li> </ul>

Now complete an interoception activity. Once you have finished you interoception activity select which zone you are in now:

PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
<b>Comfort zone</b>	<b>Learning zone</b>		<b>Panic Zone</b>	

If you are in panic zone, stop, breathe and then do some interoception. Pick examples from the list or write your own description on your experience of panic zone.



# Panic zone



Sympathetic nervous system (SNS) overload

Why do you get in panic zone?	How does your body feel then (interoception)?	What can you do to activate your parasympathetic nervous system?
<ul style="list-style-type: none"> <li>• I am out of control.</li> <li>• I can't think or problem solve.</li> <li>• Nothing is working.</li> <li>• I've done something wrong.</li> <li>• Someone is hurting me.</li> </ul>	<ul style="list-style-type: none"> <li>• Body is hot.</li> <li>• Hand clenched.</li> <li>• Screaming.</li> <li>• Throwing things.</li> <li>• I don't hear people talking me.</li> <li>• I can't feel my body signals.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Give me space.</li> <li>✓ Reduce lights and noise.</li> <li>✓ Move others away from me.</li> <li>✓ Don't try to approach or talk to me until I am ready.</li> </ul>

Now complete an interoception activity. Once you have finished you interoception activity select which zone you are in now:

PNS dominant	Homeostasis	Slight SNS dominance	SNS dominant	SNS overload
Comfort zone		Learning zone		Panic Zone