



# Regulation scale

for education and care

**CONFIDENTIAL**

## Jeremy's regulation scale

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.