






# Regulation scale

for education and care

## Johnnie'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?
<b>Panic Zone</b>	<b>SNS overload</b>	 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.
	<b>SNS dominant</b>	 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.
<b>Learning Zone</b>	<b>Slight SNS dominance</b>	 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.
	<b>Homeostasis</b>	 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.
<b>Comfort Zone</b>	<b>PNS dominant</b>	 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.