

Regulation scale

for education and care

CONFIDENTIAL

Jenny'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 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.