

Zone of Regulation Box

This box can be used to help you with your emotions. It needs to be filled with items that can help you to cope with difficult emotions such as anger, worry and sadness.

These items will be personal to you and will provide you with the support you need to regulate or control your emotions so that you don't hurt yourself or others.

If you have a lot of different items that you would like to put in your Zone of Regulation Box, then you may decide to make two boxes.

The first box may be the main box that is kept safely at home. This box may have items in it that are heavier or bigger.

The second box may be a smaller box which you choose to keep in your school bag or your family car so that you can take it with you and use it when you are away from home. This box may have smaller items or the ones that you know will work straight away.

The items you choose to go in your box need to help you feel calmer and reduce your worry and anger.

Taking time to use the items in your box will give you time to think about how you are feeling and what you want to do with those feelings.



