

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.

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.

Comfort zone

Parasympathetic nervous system (PNS) dominant

Learning zone

Slightly sympathetic nervous system (SNS) dominant

Why are you in an active learning zone?

How does your body feel?

When you are developing your interoception it is important to keep checking in with you
 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 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.

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	

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	
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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.

Comfort Zone	Learning Zone		Fonic 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



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		Fanic 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?

Example of completed regulation scale

- x I am calm.
- x Shoulders are relaxed.
- x Breathing and heartbeat are regular.
- x Brain is full of good thoughts.
- x I feel like being with other people.
- x I can think and make choices.
- x Head hurts.
- x Hands sweaty.
- x Neck and shoulders tight.
- x Mouth/throat

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	<p>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.</p>	<p>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.</p>	<p>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.</p>
	SNS dominant	<p>I can't or don't want to do something. Stress levels are really high.</p>	<p>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.</p>	<p>Please stop talking to me – I cannot listen to you. Try my star breathing to slow down my breathing and my heartbeat.</p>

Example of completed regulation scalesymbols and reduced language

Regulation zone



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?
<div style="background-color: red; color: white; padding: 10px; text-align: center;"> Panic Zone SNS overload </div>	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

Example of completed regulation scale externalising behaviour

Regulation zone



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"> x Safe and happy. x I got a good grade. x Someone complimented me. x I'm doing something I enjoy. x Things are going to plan. 	<ul style="list-style-type: none"> x I am calm. x Shoulders are relaxed. x Breathing and heartbeat are regular. x Brain is full of good thoughts. x I feel like being with other people. x I can think and make choices. 	<ul style="list-style-type: none"> 9 Relax. 9 Smile. 9 Compliment people back. 9 Enjoy what I'm doing. 9 Keep working. 9 Help others.

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

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"> x Stress levels are high. x I am anxious about doing something. x I can't do something. x Someone yells at me. 	<ul style="list-style-type: none"> x Body shaking. x Neck and shoulders are tight. x Swearing. x Clenching my fist or jaw. x Breathing and heart rate is faster. x Putting my head on the table. 	<ul style="list-style-type: none"> 9 Stop talking. 9 Focus on slowing down my breathing. 9 Go to sensory room. 9 Interoception activity. 9 Check heart rate.

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

