

# Regulation scale

for education and care



## Jimmy'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 	Body is hot 	Hand clenched 	Give me space 	Reduce lights and noise 	
	SNS dominant		Can't do something 	Someone yells at me 	Body shaking 	Neck hurts 	Go to sensory room 	Quiet space 
Learning Zone	Slight SNS dominance		Loud noises 	New learning 	Head hurts 	Hands sweaty 	Have a break 	Ask for help 
	Homeostasis		Something changes 	New face 	Tummy swirls 	Warm hands 	Blow bubbles 	Have a drink 
Comfort Zone	PNS dominant		Safe and happy 	Playing Lego 	Shoulders relaxed 	Tingly 	Keep working 	Relax 