



ZONES Tools Menu



ZONES Tools Worksheet						
Name of Tool	Circle the zone or zones you think the tool would help in.					
rice bin	Blue	Green	Yellow	Red	None	
putty	Blue	Green	Yellow	Red	None	
cushion	Blue	Green	Yellow	Red	None	
fidget ball	Blue	Green	Yellow	Red	None	
headphones	Blue	Green	Yellow	Red	None	
sit on ball	Blue	Green	Yellow	Red	None	
weighted vest	Blue	Green	Yellow	Red	None	
rub back	Blue	Green	Yellow	Red	None	

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🌈 Week 4 + 5 Whole School Zones of Regulation Update - Toolbox building! 🌈

Over the past two weeks, students have been diving deeper into our Zones of Regulation program by exploring tools that help them manage their emotions and behaviours. Building on what they've learned throughout the year, students had the chance to choose tools that suit their individual needs and discuss with peers which strategies might be helpful in different zones.

Each student has started creating their own "toolbox" filled with personalised strategies – from listening to music and reading, to taking a walk or using taught breathing techniques. These tools can be useful both at school and at home. Ask your child about their toolbox! You might discover some great ideas to support emotional regulation in everyday life.