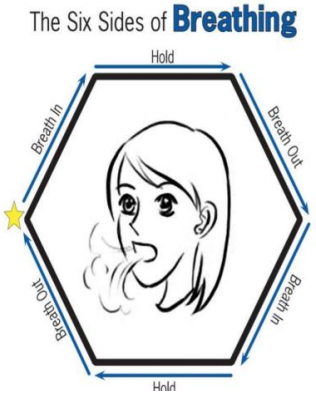
Zones of Regulation

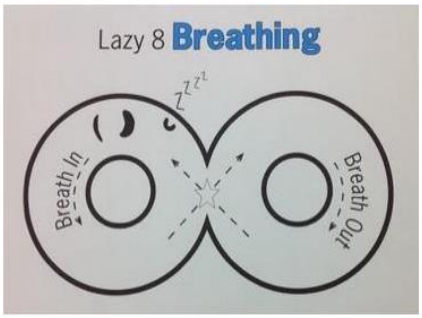
Toolbox Strategies

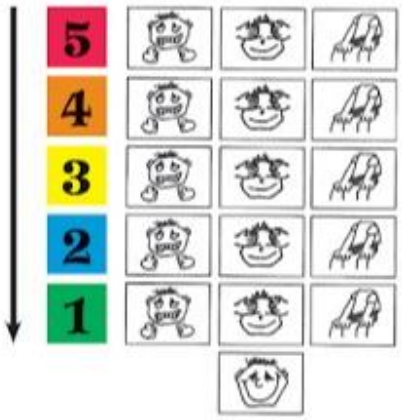
We are teaching the children coping and regulation strategies so they can help themselves when they experience anxiety and stress. By teaching them how to cope may help them manage learning and life challenges better and build their resilience. Here are some you can practice together.

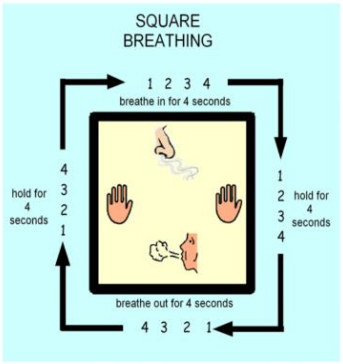


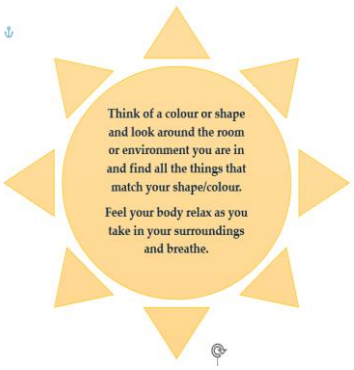
Starting at the star, trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue the Six Sides of Breathing cycle until you feel calm and relaxed.

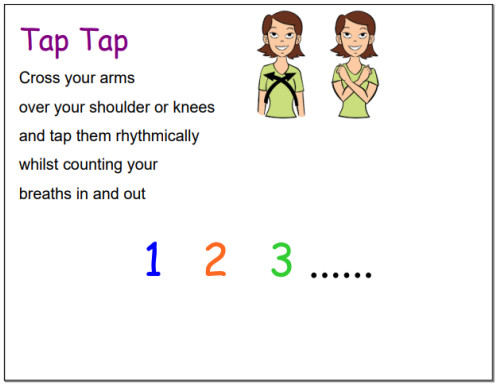
Breath in for 1, out for 2, in for 3, out for 4 .....











Lancing Prep Worthing

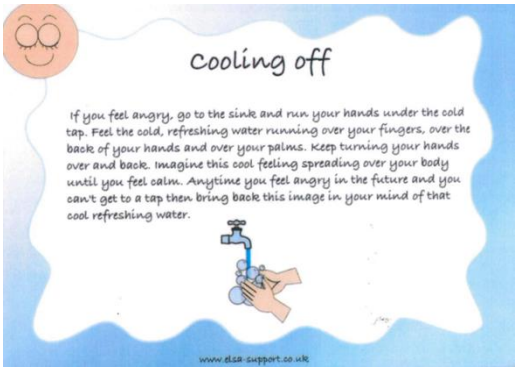
A Lancing College Preparatory School

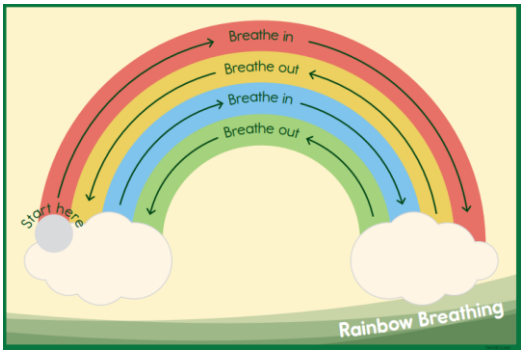
Squeezing Sand

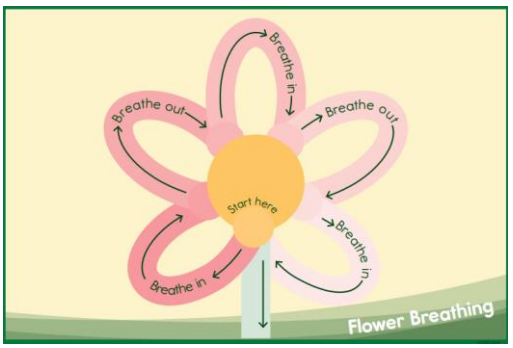
Imagine you are on a hot sandy beach; the sun is shining, and you are calm. You sit on the soft warm sand, take off your shoes and socks and push your toes in to the sand in front of you. Curl up your toes, squeeze the sand and hold on to it for 10 seconds. Slowly release your toes and feel the sand fall, notice how your toes feel and release your negative feelings as your toes uncurl.

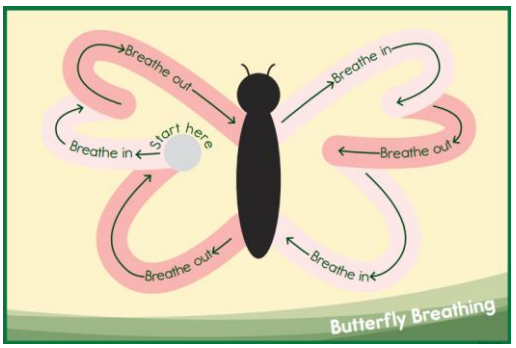
Making Lemonade

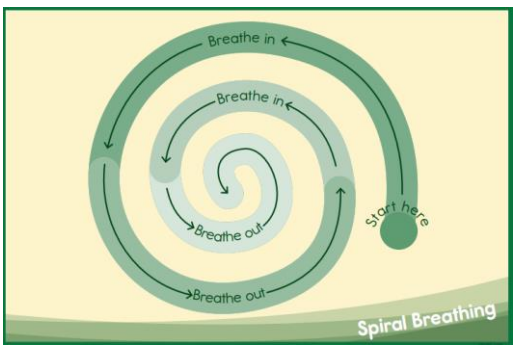
Imagine you have a lemon in each hand. Hold them tight and squeeze them as hard as you can, squeeze all the juice out into your jug. Hold for 10 seconds. Slowly release your hands and notice how your hands and fingers feel, tingly, hot, fuzzy? As you uncurl your fingers, release your negative feelings.











Bumble Bee Breath

1. Sit comfortably and close your eyes.
2. Take a couple of breaths.
3. Breathe in through your nose, keeping your lips sealed.
4. As you breathe out, hum an 'M' sound.
5. At the end of your breath, breathe in and repeat.
6. Can you feel the vibrations in your mouth?

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Warm Drink Breath

1. Sit comfortably and close your eyes.
2. Imagine you are holding a cup of warm drink in your hands.
3. Bring your cupped hands towards your face.
4. Breathe in through your nose and imagine what your drink smells like.
5. As you breathe out, imagine gently blowing the steam.
6. Repeat.

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Hopping Bunny Breath

1. Sit comfortably and close your eyes.
2. Take a couple of natural breaths and sit up tall.
3. When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
4. Breathe all of the air out.
5. Breathe in again with your bunny breaths.
6. Breathe out and repeat.

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Balloon Belly Breath

1. Sit comfortably and close your eyes.
2. Take a couple of natural breaths.
3. Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
4. As you breathe out, your belly will go back down as there's no air left.
5. Repeat, being careful not to push your belly out too much.

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