

# Regulation ladder

<p><b>Red zone - Too high /</b></p>  <p><b>overwhelmed</b></p> 	<p><b>Signs/Triggers:</b> e.g. shouting / someone breaking my possession shut down / standing up in celebration assembly</p>	<p><b>Strategies:</b> e.g. Go to a quiet, safe place, ask a trusted adult for help</p>
<p><b>Yellow zone - High energy</b></p>  	<p><b>Signs/Triggers:</b> e.g. Jelly legs / test Grind teeth / not sharing</p>	<p><b>Strategies:</b> e.g. Use of fidgets to calm, talk to trusted person</p>
<p><b>Green zone - Just Right</b></p> 	<p><b>Signs/Triggers:</b> e.g. clear thoughts / feeling confident</p>	<p><b>Strategies:</b> e.g. maintain by drinking water / get up and move</p>
<p><b>Blue zone - Low energy / alertness</b></p> 	<p><b>Signs/Triggers:</b> e.g. heavy body / slouch</p>	<p><b>Strategies:</b> e.g. Dance to music</p>

