***Self-Regulation Toolbox***

***‘s***

***Toolbox***

*Talk to somebody.*

***Blue Area Tools***

*Do yoga*

*stretches.*

***Green Area Tools***

*Take some deep*

*breaths.*

***Yellow Area Tools***

*Take a break.*

***Red Area Tools***

*In the toolbox below, write down*

*some tools that work for you and*

*that will help you to self-regulate*

*yourself. Keep these strategies in*

*your toolbox to use again and*

*again in order to keep your mood*

*‘just right’. We’ve put one in for*

*each area to help get you started!*

*If you’re unsure, have a look*

*at our*

***Self-Regulation Display***

***Posters***

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