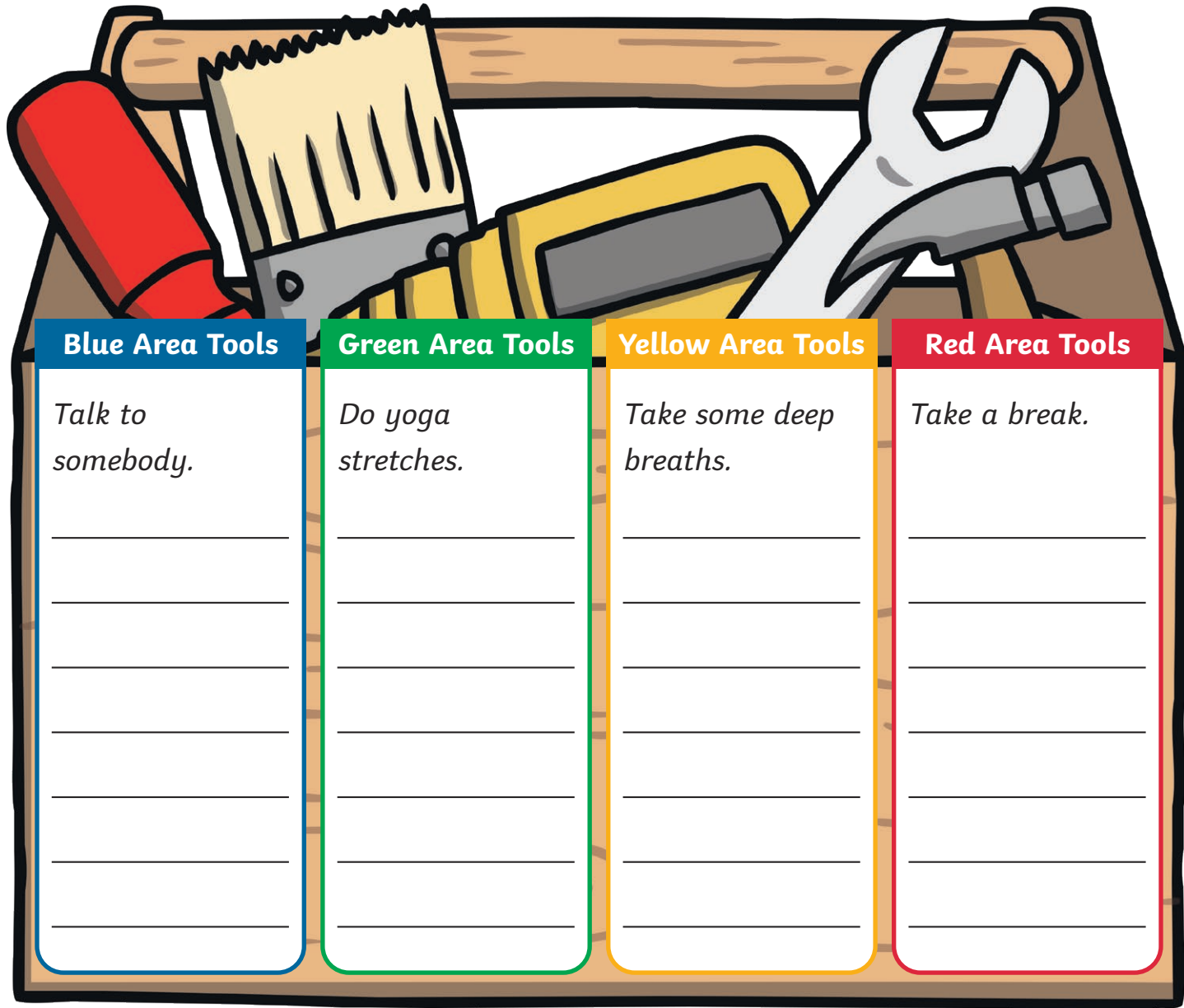


# Self-Regulation Toolbox

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**Toolbox**



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](#).

### Blue Area Tools

*Talk to somebody.*

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### Green Area Tools

*Do yoga stretches.*

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### Yellow Area Tools

*Take some deep breaths.*

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### Red Area Tools

*Take a break.*

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**Disclaimer:** Twinkl occupational therapy resources are not a replacement for occupational therapy services. If you have any concerns you should seek advice from a qualified occupational therapist and check if the occupational therapist is registered with the Health and Care Professions Council (HCPC). You can check the register on the HCPC website. Twinkl occupational therapy resources provide no guarantee of skill improvement. All resources are for general information and do not constitute professional advice on any subject matter for an individual as facts and circumstances are not known.

The activities/materials referred to in this resource may present a risk to participants. You should carry out proper risk assessments prior to using this resource and in particular, consider the participants involved and the suitability of this resource. Twinkl cannot accept any liability resulting from your use of this resource.