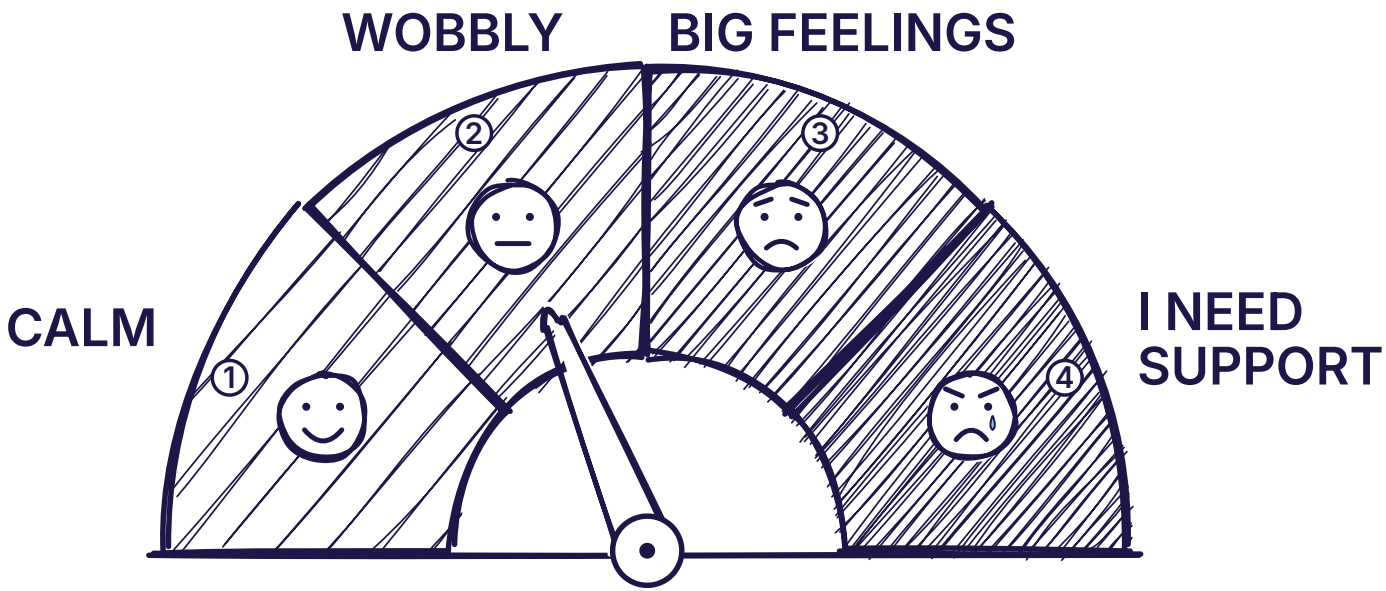
REGULATION & SENSORY

My Regulation Meter

Where are you right now? There is no right or wrong place.





1 Calm

My body feels settled.

What I can do: Keep going. Notice how this feels.



2 Wobbly

Something does not feel right.

What I can do: Pick a reset choice.



3 Big feelings

My feelings are getting bigger.

What I can do: Pick a reset choice. Ask for help if you need it.



4 I need support

I need help to regulate.

What I can do: Tell a grown-up now.

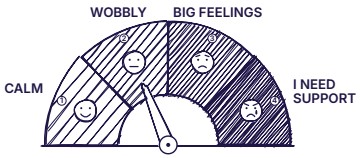
REGULATION & SENSORY

How to Use the Meter

A quick guide for teachers.

Set it up

1. Print the meter in colour. Page 3 has the pieces to cut out.
2. Laminate it if you would like to reuse it.
3. Cut out the meter and the arrow.
4. Attach the arrow to the centre with a split pin.



Use it in class

5. Introduce each zone when the child is calm.
6. Invite the child to move the arrow to show how their body or feelings are.
7. Use it as a starting point to choose a helpful reset.
8. Check in again during the day when it is useful.



Talk about it

Where is your arrow today?

What does your body feel like there?

What could help you right now?



Good to know

There is no right or wrong place on the meter. It helps children notice how they feel and what support may help.

Show your own place on the meter sometimes. Children often find it easier to share after you do.



Cut-out pieces

Cut out along the dashed lines. Laminate, then pin the arrow to the dot in the centre.



ARROW · PIN THROUGH THE DOT

