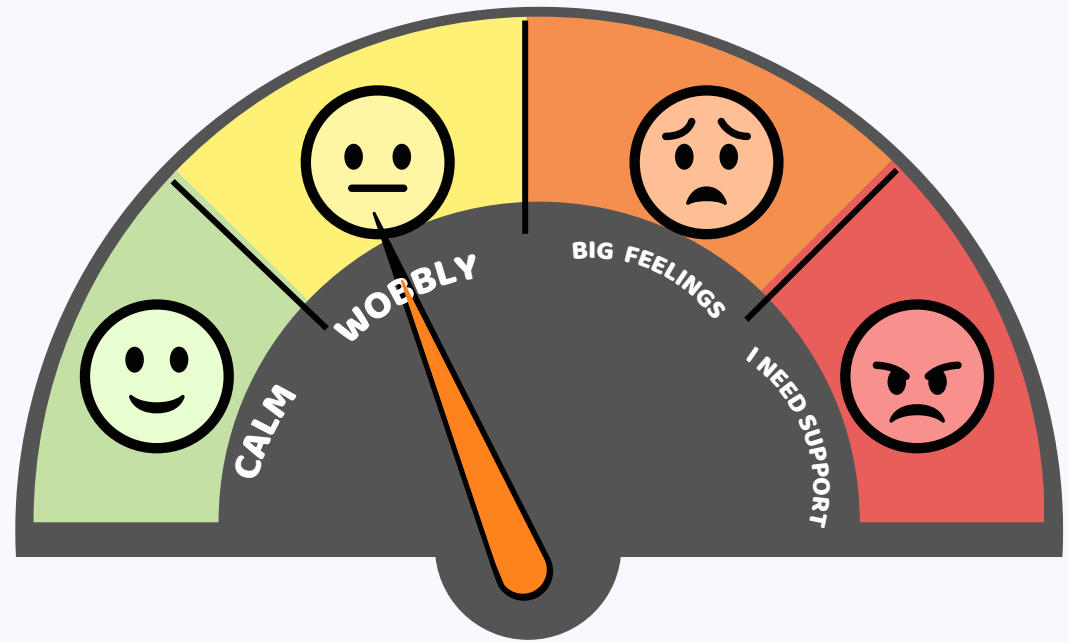


My Regulation Meter



CALM → My body feels settled

WOBBLY → Something doesn't feel right

BIG FEELINGS → My feelings are getting bigger

I NEED SUPPORT → I need help to regulate

How to Use My Regulation Meter

- **Print the Regulation Meter in colour.**
- **Laminate it if you would like to reuse it.**
- **Cut out the arrow and attach it to the centre using a split pin.**
- **Introduce each section of the meter when the child is calm.**
- **Invite the child to move the arrow to show how their body or emotions feel.**
- **Use the meter as a starting point for choosing a helpful regulation strategy.**
- **Revisit the meter throughout the day when useful.**
- **Remember: There is no right or wrong place on the meter. It helps children notice how they feel and identify what support may help.**

My Regulation Meter

CUT OUT • LAMINATE • ATTACH
WITH A SPLIT PIN

