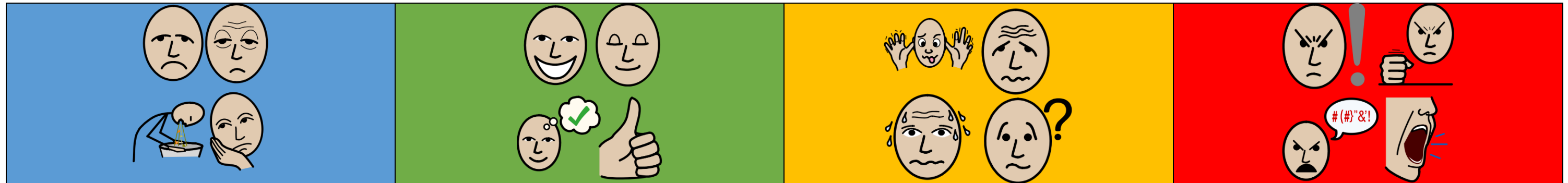




Charville Academy Zones of Regulation



Tools to help you focus and relax

 Stretch	 Drink water	 Breathe	 Take a break
 Take a break	 Complete your work	 Take a break	 Take deep breaths
 Think happy thoughts	 Listen to the teacher	 Talk to an adult	 Count to 10
 Talk about your feelings	 Help others	 Ask to go for a walk	 Talk to an adult
 Draw a picture	 Think Positive thoughts	 Ask to draw a picture or read a book	 Ask to go for a walk with someone

