

Levels of Regulation

Rating	Looks like	Feels Like	I can try to:
5		I'm really mad and out of control! I feel like I'm going to scream!	Take a rest Drink some water Listening to calming music Deep Pressure Taking a break with trusted adult
4		I'm not ok!!!	Pat yourself Take deep breaths Massage my head Rub my back Deep pressure
3		I'm a little nervous, I'm feeling a little stressed.	Take deep breaths Take a break Self counting
2		I'm alright, I'm so so... I think I got this!	Self talk, "I can do this!"
1		I got this! No problems	Keep doing what I'm doing!