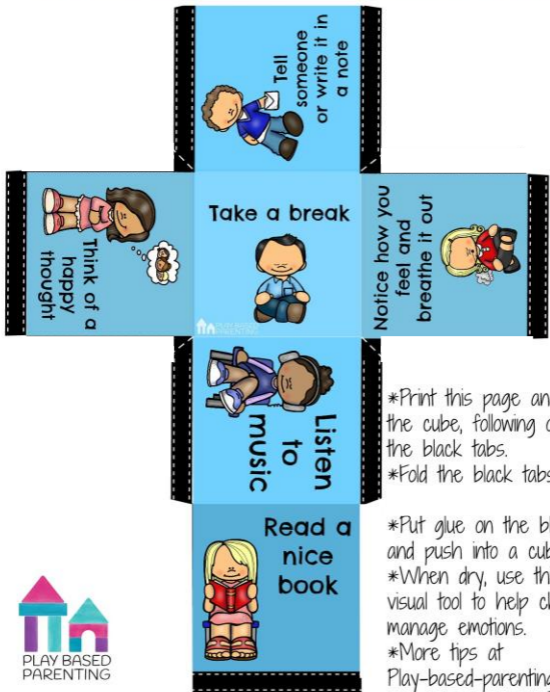


Zones of Regulation Coping Strategies CUBE



*Print this page and cut out the cube, following outside the black tabs.

*Fold the black tabs back.

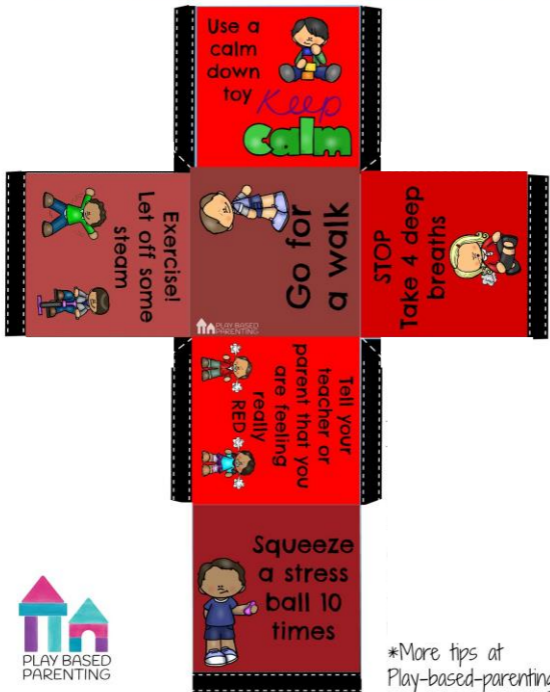
*Put glue on the black tabs and push into a cube.

*When dry, use this as a visual tool to help children manage emotions.

*More tips at Play-based-parenting.com

Zones of Regulation Coping Strategies

CUBE



Zones of Regulation Coping Strategies

CUBE

Get a
drink of
water



Take a break.
It is chill out
time!



sit quietly for
2 minutes



Take 3 slow
breathes in
and out!



Count slowly
to 5 and then
decide if you
need to talk
about it



Squeeze
a stress
ball 10
times

