



## C1 - What is Regulation?



## Regulation Match

10-15 Minutes  
Individual

Match feelings with ways you may regulate them.

### MATERIALS:

- *Regulation Match* handout (one per learner)

### LEADER GUIDANCE:

1. Distribute the *Regulation Match* handout and read aloud the directions.
2. Support learners as needed. For example, prompt learners to remember a time they felt hungry or hot, and what helped them feel better. Or have learners choose between one silly idea and one helpful idea. For example, if you are hot, would you regulate by eating hot soup or drinking cold water?

C1 - What is Regulation?  
**Regulation Match**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**DIRECTIONS:** Connect each feeling with a way to regulate it.

WHEN I FEEL	WAY TO REGULATE
Hungry	Move my body.
Tired	Eat a snack.
Wiggly	Turn on a fan.
Sad	Turn down the volume.
Hot	Get a hug.
It's noisy	Rest.

**ZONES**  
OF REGULATION

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### ALTERNATIVE ACTIVITY:

Cut out the items, and ask learners to match or pair them.

### LEARNER REFLECTION:

We found a lot of ways that we regulate every day. How does regulating these things help us to feel well or do our jobs?



# Regulation Match

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**DIRECTIONS:** Connect each feeling with a way to regulate it.

## WHEN I FEEL

## WAY TO REGULATE



Hungry



Move my body.



Tired



Eat a snack.



Wiggly



Turn on a fan.



Sad



Turn down the volume.



Hot



Get a hug.



It's noisy



Rest.