

RED ZONE (highest energy)	YELLOW ZONE (higher energy)	BLUE ZONE (low energy)	GREEN ZONE (aiming for green/calm and focused)
<ol style="list-style-type: none"> 1. Start with a heavy work activity or rhythmic activity <ol style="list-style-type: none"> a. Using weighted balls b. Any activity incorporating pulling, pushing, or carrying 2. Finish with organizing activity 	<ol style="list-style-type: none"> 1. Start with a calming or organizing activity 2. Do a movement activity 3. End with organizing activity 	<ol style="list-style-type: none"> 1. If child is emotionally upset, start with calming activity 2. If child is low energy/tired, start with movement 3. Finish with organizing activity 	<ol style="list-style-type: none"> 1. Start with movement activity 2. Finish with organizing activity
<p>*Use of a calming strategy at any point throughout the break should be implemented if the student is visibly escalating/dysregulating further.</p> <p>*These sequences are suggestions to best help organize a dysregulated system depending on which zone they are in; individual student needs will vary. Collaborate with OT to structure breaks that are supporting their regulation.</p> <p>*Complete the check in/check out form for OT to view and assist in providing regulating breaks.</p>			