

“A Can do school”

# contract for Regulation Time

* If I am feeling in the yellow zone (anxious, scared, worried, frustrated) I will take some time to calm, use my tool box to regain control. I know adults will support me.
* If I am feeling in the red zone( angry) and I have lost control I will take myself safely to an agreed safe place, use my took box to regain control.
* I will try to remain safe at all times. (No hurting or damaging)
* I will use the regulation stations, rainbow room, chill room and safe place sensibly and safely.
* I will use regulation time to help me not to opt out and avoid my learning.
* I will talk to my key adult about things that help me and they will put this in my plan and tool box.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_