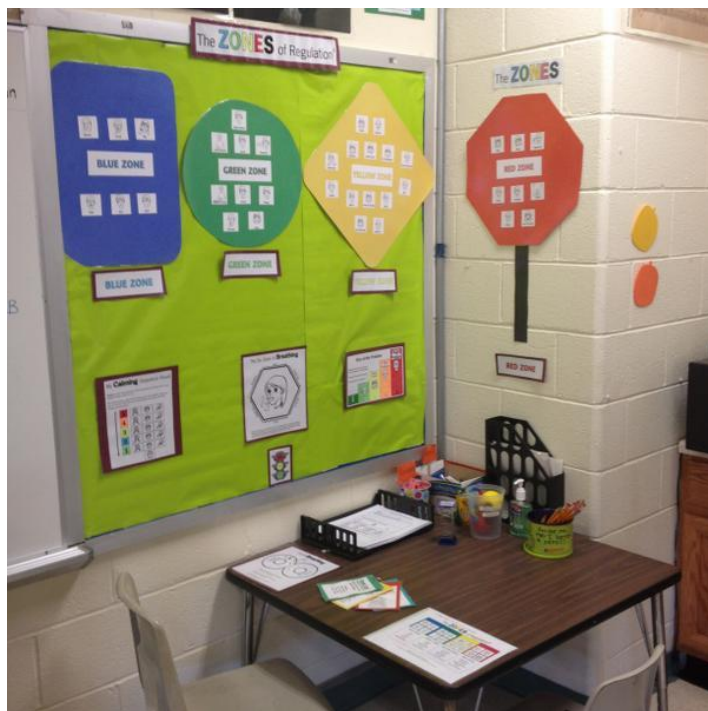




# Regulation Stations



A regulation station is a base within the classroom or suitable place in the school, that children and young people can access when they become overwhelmed and dysregulated, to help them to calm.



The station should contain resources and materials to support pupils to identify and describe their feelings e.g. scales, faces, writing materials, as well as resources and materials for calming e.g. colouring, creative activities, sensory tools. The station can be supported by adults or peers as appropriate.

Use of this station should help raise awareness of the need to self-regulate, and promote the development of independence in identifying and using coping strategies.

