

# ANIMALS OF REGULATION



empathy  
laughter  
space & time  
calm safe people  
deep breaths  
calm down spot

empathy  
comfort  
hugs  
calm safe people  
deep breaths  
laughter  
connection  
laughter  
music  
rhythm

**ANGER RAGE**

leave ME alone  
I don't care  
it's not fair!

I want to go home!

too much energy  
pacing

ready to RUN

shaky tears  
feel powerless

**terrified SCARED ANXIOUS worried**

**panic**

I feel out of control

ready to **FIGHT**

I WANT MY MOM/DAD

racing

↑ **MAD** irritated **ANNOYED** feeling yucky **SCARED** **NERVOUS** worried ↑

**playful**

**excited**

**busy**

**YAY**

**LAUGHING**

**JOYFUL**

teamwork

**CONNECTED TO FAMILY & FRIENDS**

**IN CONTROL OF**

- Body
- Words
- Choices
- Actions

**I CAN**

- Think
- Be Curious
- Solve Problems
- Use My Voice

I feel ALL my **FEELINGS** but stay in control.

you bet!

I feel **SAFE + LOVED**

↓ **SAD** **EMBARRASSED** meh discouraged ↓

**LAYING AROUND**

whatever

droopy

**tired**

**TV**

**SLOWING DOWN**

**SOMETIMES I GO AWAY INSIDE...**

I give up

numb

blank

Leave me alone

checking out

**QUIET**

still