



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

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EMOTIONS AND LEVELS OF REGULATION

The Levels of Regulation below is a help and simple way for you or your child to express their emotions through the day. All of us experience some of the emotions below, depending on the what is happening around us. You can help your child identify what emotion they are feeling then help them get back to READY with a FOCUS Sequence or one of the other Regulating Activities that can be found [here](#).

Levels of Regulation: CHECK IN



EXPLOSIVE

Can look like: furious, panicked, distressed, hyperactive, silly, fight or flight response



CHECK-IN

Can look like: frustrated, grumpy, surprised, restless, excited, irritable, worried, bouncy



READY

Can look like: happy, calm, curious, engaged, proud, content, loving, playful, productive, thoughtful



CHECK-IN

Can look like: tired, nervous, bored, worried, embarrassed, sluggish, uninterested, daydreaming



STUCK

Can look like: exhausted, sad, frightened, miserable, sick, withdrawn, freeze response



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