Zones of Regulation – Lucy and Megan 1

Lucy has been on the computer for a long time. Now Megan wants a turn. Megan taps Lucy on the shoulder and asks 'can I have a go now on the computer?' but Lucy seems to be ignoring her.



Lucy becomes very angry and refuses to let Megan have a turn.

Think about:

What unexpected behaviours are happening? How does Megan feel? What is Megan thinking? What will Megan do or say? How does Lucy feel?





The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at http://www.zonesofregulation.com/index.html