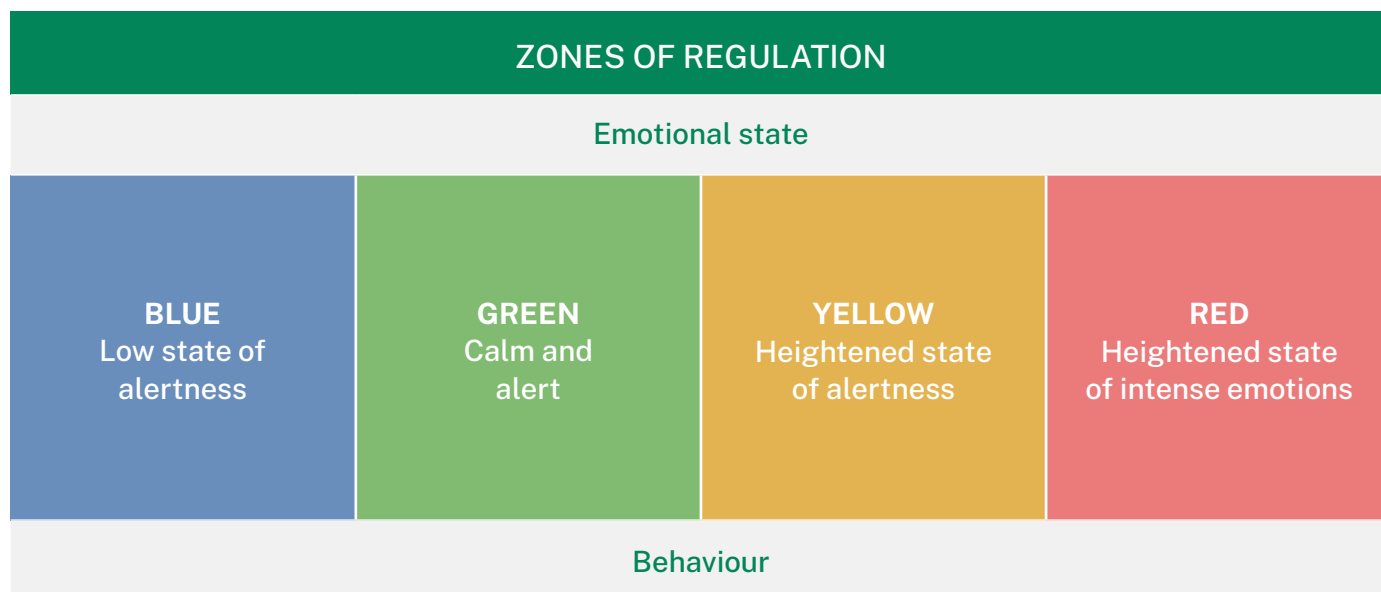




## Zones of regulation



- Appears withdrawn
- Appears depressed
- Tearful and easily upset
- Displays a lack of engagement
- Presents as tired/ falling asleep
- Exhibits poor appearance and general health
- Exhibits high dependence on pastoral staff
- Displays signs of unprocessed trauma (in EAL learners, these may emerge as language and insight develop)
- Lack of eye contact
- Struggles to make friends
- Appears isolated
- Exhibits episodes of dissociation
- Exhibits guilt and shame

- May appear as if everything is fine, but could, at times, display the following:
- Low attendance
  - Reluctance to eat
  - Stomach aches or headaches
  - Lack of equipment and uniform
  - Difficulties completing homework
  - Nervousness about asking questions in class
  - Reluctance to work with others
  - Lack of trust in authority
  - Problems concentrating

- Drawn to unsuitable friendship groups
- Distractible and has difficulties establishing behaviour for learning
- Exhibits symptoms of PTSD, such as:
  - Panic attacks
  - Stress
  - “Fight, flight, or freeze” and/or “collapse” reactions in triggering situations
  - Flashbacks and nightmares
  - Hypervigilance
  - Changes in beliefs or perceptions of reality

- Easily angered
- Physically aggressive with peers
- Holds extreme views about war
- Self-harms
- Bullies others
- Engages in risky behaviour
- Struggles to regulate emotions
- Exhibits sexualised behaviour