

The Regulation Bowl

When you're dysregulated — let your body choose what it needs

You're anxious. Stuck. Scrolling. Ruminating. Dysregulated. You know you need to do something, but you can't think of what. That's what the Regulation Bowl is for. Close your eyes. Reach into the bowl. Pull out a card. Do what it says. Something shifts.

● GREEN — Movement

Activity, action, getting your body moving, releasing energy

● BLUE — Calm

Soothing, resting, relaxing, quieting, grounding

● YELLOW — Productivity

Getting something done, checking things off, forward motion

● ORANGE — Creativity/Learning

Making, playing, exploring, engaging your mind

How to Use It

What you need: A bowl and colored activity cards (download & print from emergence-project.com)

Step 1: Notice you're dysregulated

Step 2: Close your eyes. Reach into the bowl.

Step 3: Pull out a card. Open your eyes.

Step 4: Do that activity. No substitutions. Just do it.

Your body chose what it needs. The card tells you what to do. Zero thinking required.

To Make Your Own

1. Download the free printable cards from emergence-project.com
2. Print on colored paper OR white paper (the colored backgrounds will show)
3. Cut out the cards
4. Put them in a bowl
5. Use it whenever you're dysregulated

As you use the Bowl, add your own activities — things that work for YOUR body. Make it yours.