Window of TOLERANCE

Everyone has feelings. Sometimes our feelings can be very big, sometimes they can be very small, and sometimes they feel just right. Our bodies react to these feelings in different ways. We can call these different ways our zones. Knowing about the zones is useful because it helps us notice what is happening inside us. When we know our zone, we can ask for help or use strategies to get back to the just right zone.

HYPERAROUSAL

Hyperarousal is when your body and mind feel *too full of big feelings*.

Fast, pounding heart, butterflies in your tummy, sweating, feeling jumpy or restless, hard to relax or sleep, feeling panicky or scared.

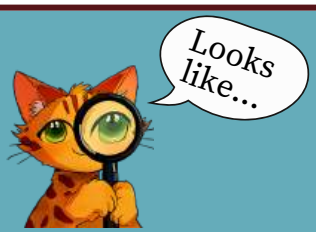
WINDOW OF TOLERANCE

The window of tolerance is the just *right zone*. In this zone you can manage your feelings and what is happening around you.

Feeling calm, able to listen and concentrate, joining in with learning or activities, able to cope with changes and go with the flow.

HYPOAROUSAL

Hypoarousal is when your body and mind feel *too empty* or switched off.



Feeling numb or frozen, finding it hard to move or join in, feeling far away or not really there, breathing and heart rate feel slower.

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About this Resource

This free printable PDF Window of Tolerance resource for kids introduces children to the three zones of emotional regulation: Hyperarousal (too big feelings), Window of Tolerance (just right zone), and Hypoarousal (too small feelings).

The child-friendly worksheet explains each zone in clear, simple language with examples of what it is and what it looks like in the body. Children learn to notice whether their feelings are “too big”, “too small”, or “just right” and begin to understand how this affects their behaviour, concentration, and relationships.

This makes the resource a valuable tool for emotional literacy, self-regulation activities, and mental health resources for children.

How This Resource Can Be Used

- In classrooms to support PSHE lessons, circle time, and emotional awareness activities
- In counselling, social work, or therapy sessions to help children recognise and talk about feelings
- At home to support positive family conversations about emotions and behaviour
- As part of zones of regulation activities or mental health worksheets for kids to build resilience and coping skills

Why This Resource Helps

- Helps children recognise and name their feelings
- Supports self-awareness and emotional regulation skills
- Provides a simple, visual way for children to understand the window of tolerance
- Encourages communication between children and adults about emotions
- Offers teachers, parents, social workers, and counsellors an easy-to-use free printable resource