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[www.zonein.ca](http://www.zonein.ca)

## Zone'in Self-Regulation Questionnaire

50 years ago, our sensory worlds were calming and contained few distractions. Our children were able to pay attention and learning in classrooms, and listen to their parents instructions. Children were generally well behaved in social settings, and could share and wait their turn. Since the advent of multiple forms of technology, children's visual and auditory sensory systems are overloaded with stimuli, while their movement, touch and attachment systems are under-stimulated. The result is a child who is unable to pay attention, learn, and who demonstrates a host of problematic behaviors. Technology overuse results in a child who is unable to self-regulate their energy states, often deteriorating to tantrums, melt-downs, and sometimes aggressive behaviors.

Please answer Yes or No to the following questions with reference to what might be or not be age appropriate for that particular task.

Sensory Input		Yes	No
1.	Does your child seem distracted by noise?		
2.	Does your child have trouble listening to directions?		
3.	Does your child seem to have extra sensitive hearing?		
4.	Does your child seem distracted by complex visual stimuli?		
5.	Does your child say their vision is blurry or images doubled?		
6.	Does your child have extra sensitive vision or needs to squint in normal light?		
7.	Is your child movement sensitive?		
8.	Does your child seek excessive movement, and always seem to be on the go?		
9.	Does your child just like to sit around, and rarely rough and tumble plays?		
10.	Does your child avoid touch?		
11.	Does your child crave touch and seems to press body against you or objects?		
12.	Is your child always touching everything?		
13.	Is your child clingy and always wants to be picked up and held?		
Resulting Behaviors			
14.	Does your child have frequent tantrums or melt-downs?		
15.	Does your child have a short fuse, and explodes if they don't get their way?		
16.	Does your child have difficulty with transitioning from one activity to another?		
17.	Does your child share their toys with others?		
18.	Can your child wait in line, or wait for their turn in an activity or game?		
19.	Does your child have explosive aggression, throw items, or bite, kick, hit others?		
20.	Is your child overly attached to one parent, and under-attached to another?		
TOTALS			

If your child has more than 5 Yes's, they might difficulties with self-regulation, and could benefit from the [Zone'in Program](#) for enhancing self-regulation of energy states.

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