

WHAT ARE THE ZONES OF REGULATION?

The Zones of Regulation is a conceptual framework used to teach children 'self-regulation'

Creating this type of system to categorize the complex feelings children experience improves their ability to recognise and communicate how they are feeling in a safe, non-judgemental way.

It also allows children to tap into strategies /tools to help them move between zones.

Discuss with your child examples of feelings appropriate for each zone.

Emphasise that when we understand how we are feeling, we are better able to deal with these feelings, or at least we can tell others how we feel using a common language – the zones of regulation.

Ask them to contribute examples of “tools” for each zone. (There are examples below but you and your child will probably think of more).

The Zones of Regulation categorizes states of alertness and emotions into four coloured zones.

THE BLUE ZONE

- **The Blue Zone** is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored.
- This is when one's body and/or brain is moving slowly or sluggishly.

THE GREEN ZONE

- **The Green Zone** is used to describe a regulated state of alertness.
- A person may be described as calm, happy, focused, or content when in **The Green Zone**.
- This is the zone children generally need to be in for schoolwork and for being social.
- Being in **The Green Zone** shows control.

THE YELLOW ZONE

- **The Yellow Zone** is also used to describe a heightened state of alertness; however, a person has some control when in **The Yellow Zone**.
- A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in **The Yellow Zone** (such as wiggly, squirmy, or sensory seeking).
- **The Yellow Zone** is starting to lose control.

THE RED ZONE

- **The Red Zone** is used to describe extremely heightened states of alertness or very intense feelings.
- A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation when in **The Red Zone**.
- Being in **The Red Zone** can best be explained by '*not being in control of one's body*'.



Carry



Read



Jump



Bounce



Run



Push



Tickle



Pull



Swing



Talk to Adult



Hug



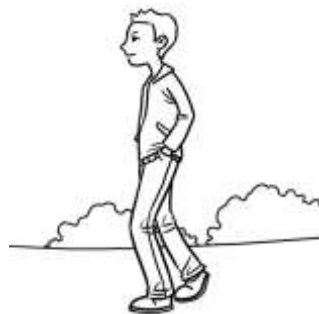
Animal Walks



Listen to Music



Squishes



Walk



Jumping Jacks



Shoulder Rub



Belly Breath



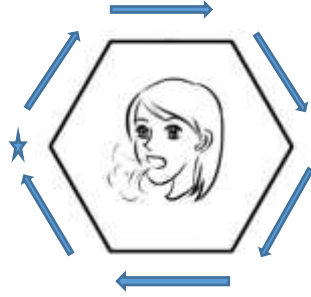
Inner Coach



Take a Break



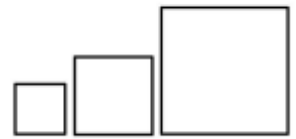
**Lazy 8
Breathing**



**Six Sides of
Breathing**



Fidget Ball



Size of Problem