









The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control



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What is the Zones of Regulation?

It is an approach used to teach self-regulation by categorising different feelings and levels of alertness we experience into four concrete coloured zones.

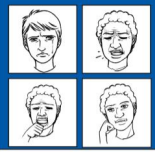



Blue zone - low state of alertness e.g. tired, ill, bored

Green zone - calm state of alertness e.g. happy, focused

Yellow zone - heightened state of alertness e.g. frustrated, worried, excited

Red zone - extreme heightened state of alertness e.g. angry, elated

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Zones of Regulation helps the individual to identify their feelings and level of alertness, understand their feelings in context and use regulation strategies.

Important!

There are no good or bad zones - all zones are ok.

Our zone is determined by our feelings NOT our behaviour.

Aims

Some of the aims of Zones of Regulation include:

- To help the student recognise what zone they are in and change or stay in that zone.
- To develop their vocabulary so they can explain how they are feeling.
- To help the student understand that emotions, sensory experiences, physiological needs (e.g. hunger) and environments can influence what zone you are in.
- To identify a range of calming and alerting strategies/tools that support them.

And ultimately **self-regulation!**

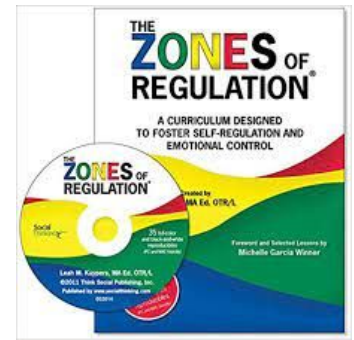
Sessions

The book has session plans to follow (adapt these where needed).

- Introducing the zones
- Exploring tools - sensory, calming and thinking strategies
- Learning when to use the tools

Zones is then used within everyday life.

For example: Student X has just been told of a change to their timetable for the day - they feel worried and recognise that they are in the yellow zone. X chooses one of their tools (lazy 8 breathing) to self-regulate.



Expected zone

You will help the student to consider what zone you would expect to be in depending on the environment/situation.

Which **ZONE** Should I Be In?

All of the zone colors are okay. There are times when you should be in different zones. In the classroom, we try to stay in the Green Zone. Think about times when it's expected that you would be in the Yellow, Blue, or even the Red Zone.

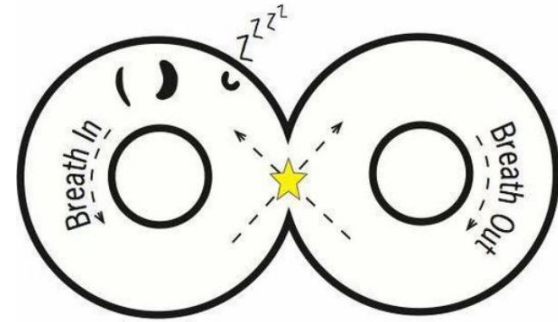
Times when it is expected to be in each zone...

<p>Times to be in the BLUE ZONE...</p> <p>Early in the morning. On the bus. Watching a movie. In the evening.</p>	<p>Times to be in the GREEN ZONE...</p> <p>At school. At a library. At a restaurant. Playing at a friend's house.</p>
<p>Times to be in the YELLOW ZONE...</p> <p>At Recess At a Birthday party. At the beach</p>	<p>Times to be in the RED ZONE...</p> <p>The house is on fire. My team just won. I just won the lottery.</p>

Examples of strategies/tools



Lazy 8 Breathing

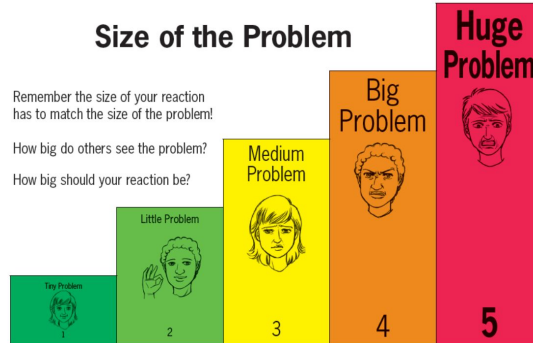


Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Visuals

Each student will have a visual to remind them of which strategies /activities that they can do when they are in each zone.

Here is an example

