

The ZONES of Regulation®

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

There are four different coloured 'zones' which help pupils to categorise the feelings they experience and allow them to improve their ability to recognise and communicate these feelings in a safe, non-judgmental way. It will also allow the pupils to tap into strategies and tools to help them move between zones, resulting in a regulated, calm state or the **Green Zone**.

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

Zones of Regulation (ZOR) categorises all the different ways we feel and states of alertness into four coloured zones:

1. The **RED Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation or terror when in the **Red Zone**.



Mad
Angry
Upset
Violent
Disgusted

2. The **YELLOW zone** is also used to describe a heightened state of alertness and elevated emotions, however a person will have more control when they are in this zone. They may be experiencing stress, frustration, anxiety, excitement, or nervousness when in the **Yellow Zone**.



Excited
Worried
Wiggly
Silly

3. The **GREEN zone** is used to describe a 'calm' state of alertness. A person may be described as happy, focused, content or ready to learn when in the **green zone**. This zone is where 'optimal' learning occurs.



Happy
Calm
Focused
Ready

4. The **BLUE zone** is used to describe low states of alertness, or 'down' feelings such as feeling sad, sick, tired, bored, fed up etc. In this zone, children are going to be reluctant or negative about completing work, however it is also the zone where the body has time to rest and recover.



Sick
Bored
Tired
Sad
Moving Slowly



Why use the Zones of Regulation at home?

- The 'zones' support the use of a consistent shared language to discuss emotions together.
- They are simple for children to understand.
- They support children in labelling emotions and identifying how they are feeling.
- The 'zones' help children to understand that there are no 'bad' emotions.
- Children learn healthy coping and regulation strategies which allow them to, eventually, help themselves when they lose control of their emotions, become stressed, anxious or sad.
- Typically, children who can self-regulate will turn into teens and young adults who can self-regulate.
- Understanding the emotions of others helps with empathy and friendship skills.

What can I do as a parent?

Talk to your child about:

- How they are feeling; help them to label and name their emotion. Identify your own feelings using 'Zones' language in front of your child (e.g. "I'm frustrated, I am in the yellow zone.")
- Talk about their body cues when they feel each emotion. What are the physical feelings behind the emotion? (e.g. feeling butterflies in our tummy when we feel nervous or worried) Recognising emotions is the first step to regulating them.
- Discuss why they are feeling a certain way; has anything happened?
- Talk about times when you, a family member or a character from a film or book felt that way.



Key Points to remember:

- There is no 'bad' zone.

Everyone experiences all of the 'zones' at different times and in different circumstances.

We can't change the way children feel but we can help them to manage their feelings/states and behaviours.

You can be in more than one 'zone' at a time e.g. sad and angry.



The Zone Toolbox!

We will be teaching and encouraging the children to develop strategies and tools that they can use to help them regulate their 'zones'. We aim to teach the children that there are tools that can be used to influence their 'zones' and the tools which work best for them. We want children to identify strategies to move from the 'Blue', 'Yellow' or 'Red' Zone back into the 'Green' Zone and further tools on how to stay in that 'zone'. Attached below are some resources on how to develop your own toolkit at home and ideas to try.



Self-Regulation tools

Ideas to help you regulate your zone.



Zones Toolbox – blank

Create your own toolbox!

