

Zones of Regulation

Parent Workshop – October 2021



What are Zones of Regulation?

- The Zones of Regulation is a framework which supports children to regulate their emotions.
- There are four coloured zones – green, blue, yellow and red. Each coloured zone has emotions associated with it which children can use to reflect on how they are feeling.
- It is important to be clear with the children there is no 'bad' zone.
- We using this language with visual supports in school to support all children to regulate their emotions.



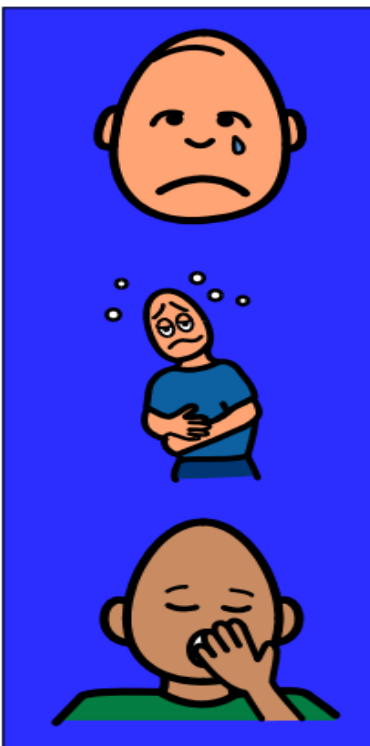
The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

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 is the zone where optimal learning occurs.

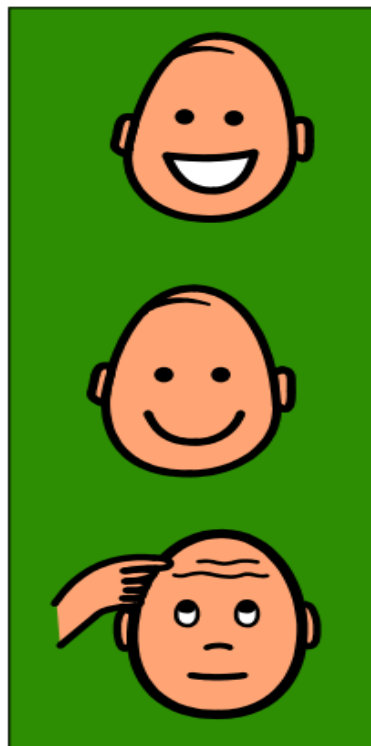
The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

Examples of The Zones of Regulation



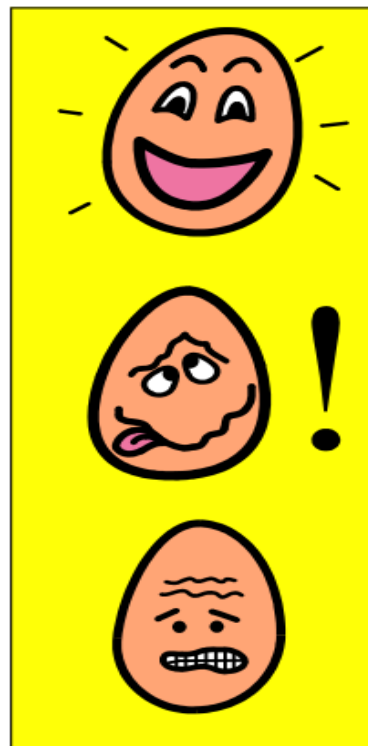
Blue Zone

Sad
Sick
Tired
Moving slowly



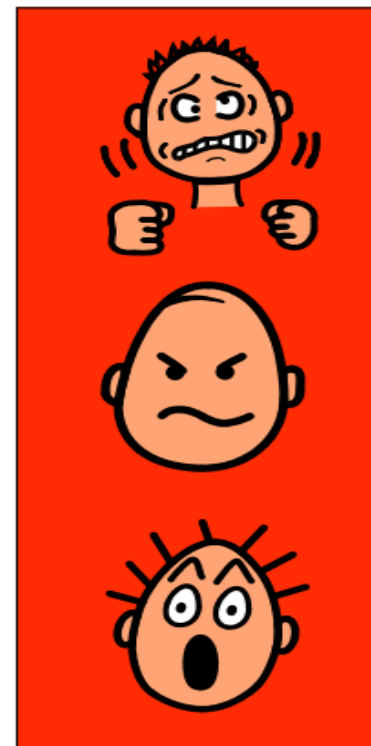
Green Zone

Happy
Calm
Feeling ok
Focused
Ready to Learn



Yellow Zone

Frustrated
Worried
Silly/wiggly
Excited
Loss of some control







Red Zone

Mad/angry
Terrified
Yelling/hitting
Elated
Out of control

Examples of The Zones of Regulation



Examples of The Zones of Regulation

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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How to use them

These become part of the everyday language when talking to children about feelings. We use them more explicitly during:

- Check ins with children in school and on the playground.
- In every day conversations with the children.
- During restorative justice conversations on the playground.
- When we might see difficulties in regulation beginning to show in any situation.



How to use them

DO

- Repeat often
- Use Zones check ins
- Stress that our Zone is on the inside
- "Own Your Zone"
- Personalise the zones.

DON'T

- Only teach Zones as a concept
- Suggest any Zone is worse than another
- Use it as a script
- Persist with the Zones with a child who is becoming escalated

What to do next

Each zone has suggestions of activities or tools to change or prolong the time in a zone

	BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
How I look or act	I sigh or pout I yawn, stretch, rub eyes I have a sad face, I cry I move slowly and rest	I sit up straight I look around me I make eye contact I smile	I wiggle and squirm I frown and glare I act silly or wild My muscles get tight and my heart beats faster	I cry I yell or scream I stomp or bang on things I lose control
What do I need to do?	Get my energy up. Get more engaged.	I'm good. I'm ready to learn and connect.	Use some strategies to settle back down into the green zone.	Use some strategies to calm down!
What could I do that would help me?	Stretch Walk around Get a drink of water Ask for a hug Tell someone how I feel Think happy thoughts	I'm doing well I can play or learn I could help a friend I could help a grown-up I can practice a calming strategy so I'm better at using it when I need it	Count to 20 Take deep breaths Think about a safe place Squeeze/press something Jump or dance or run Tense & release muscles Write, draw, talk about it	Stop what I'm doing Walk away Be safe Ask for a break Get help