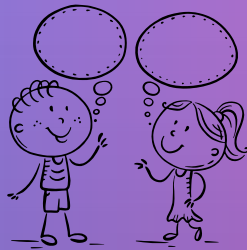


ZONES OF REGULATION INFORMATION BOOKLET

I am feeling...



Please can
you...

because ...



Throughout school we use the Zones of Regulation to help our children talk about their emotions, and manage their reactions to events. We want our children to understand that it is normal to feel all these emotions at different times, but that our reactions to these emotions can sometimes change. It is this reaction that can help us manage different times in our lives.

This guide will give you some further information about the theory behind the Zones of Regulation and details about the four Zones which you might find useful at home.

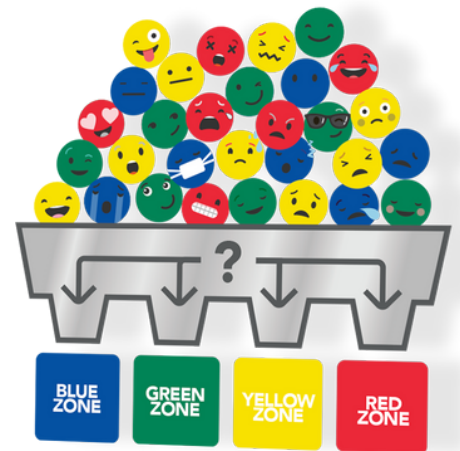
THE ZONES OF REGULATION™

Why Teach Self-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 recognize 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.

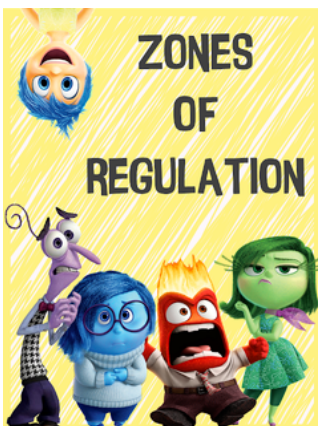
Sorting Our Emotions Into Four Zones

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four colored Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.



All the Zones are Okay?

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.

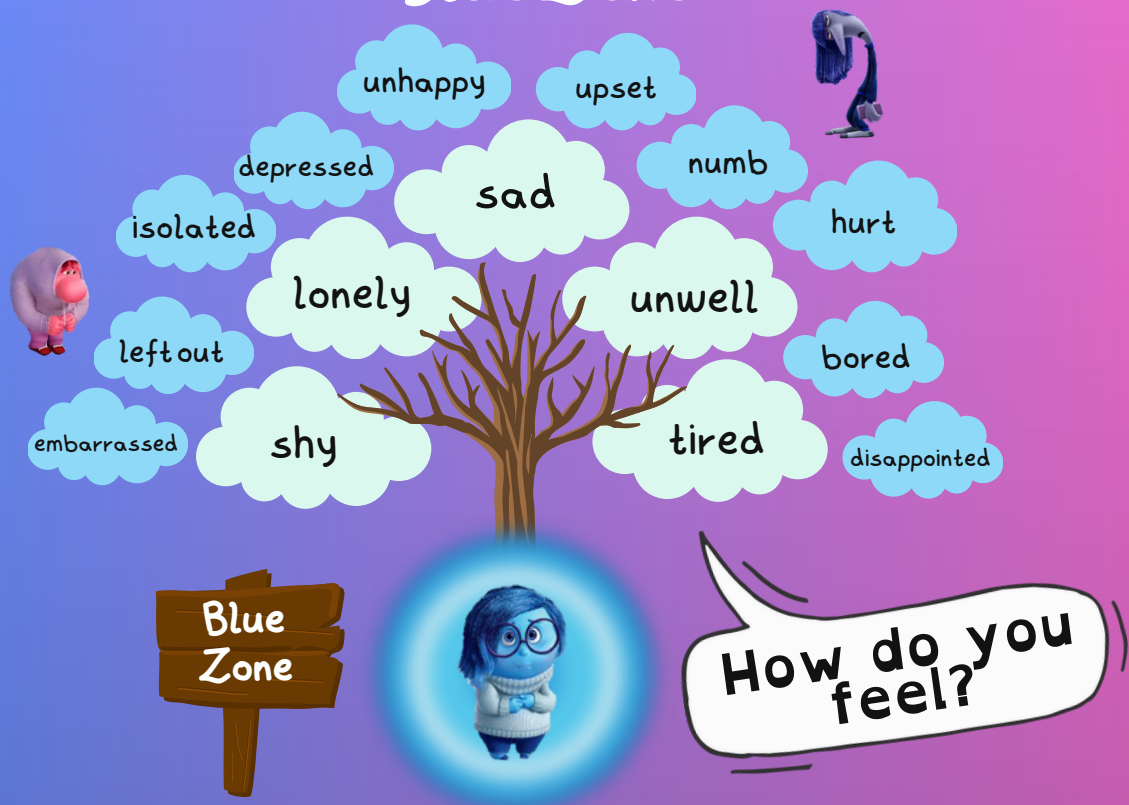


The following pages will give you more details about each of the four Zones including how you might feel; how your body might react and strategies to help manage emotions.

“Teach Kids to Manage Big Feelings Through Effective Social Emotional Learning”

Further information can be found at www.Zonesofregulation.com

Blue Zone



The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone. When in the Blue Zone we often need to rest and recharge to meet our goals. We can regulate by seeking comfort, energizing, or resting. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize. If we are feeling sad, we may need comfort. In all these situations, the common theme is noticing our lower energy and/or down feelings and options for managing them.

How are you reacting?

You go quiet

You might cry when you're sad

You might want to be on your own.

Feel a bit empty

Sometimes you want to hide away

Give yourself a bear hug

Do something you enjoy doing

Think about something happy

How can we manage this?

Talking helps - talk to an adult or friend

Put your worry in a worry box or worry monster

Green Zone



The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organized, and connected in the Green Zone, helping us be primed to learn. However, we can learn in other Zones too.

When in the Green Zone we regulate by using tools and supports that keep us moving forward comfortably, helping us feel ready to go! In the Green Zone, we might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment. These restorative actions help us proactively care for ourselves so we can move forward with ease.

How are you reacting?

Happy to chat

You are enthusiastic about things

Cheerful and full of kindness

Your body is calm and relaxed

In control of all my emotions

Ready to learn and take on a challenge

How can we manage this?

Determined to try your best

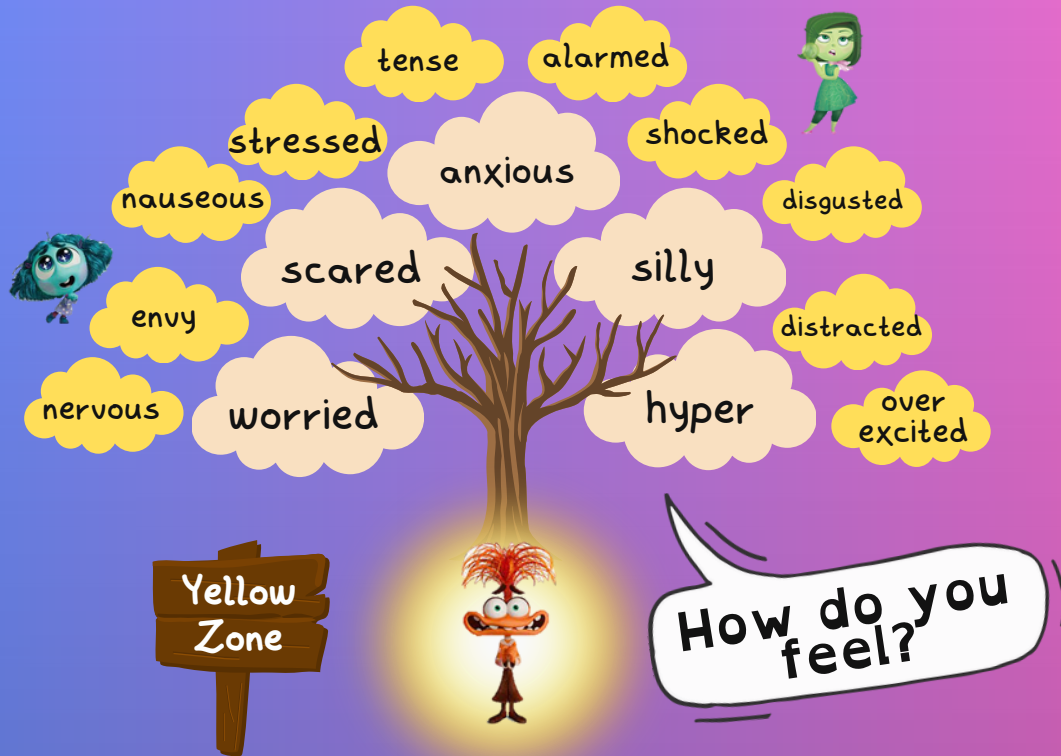
Be kind and helpful to others

Tell someone - share your joy and smile

Be thankful for the little things

Make those around you happy too

Yellow Zone



The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to use caution and take a deep breath, so we do not spill something. If we are feeling nervous before our performance, we can slow down our racing thoughts and speech by using a mindfulness tool. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

How are you reacting?

Your heart beats faster

Begin to feel frustrated and cross

It makes you feel unhappy or even annoyed

You get hot and you might have sweaty palms

Starting to feel out of control

Makes you feel uncomfortable

How can we manage this?

Do some breathing exercises

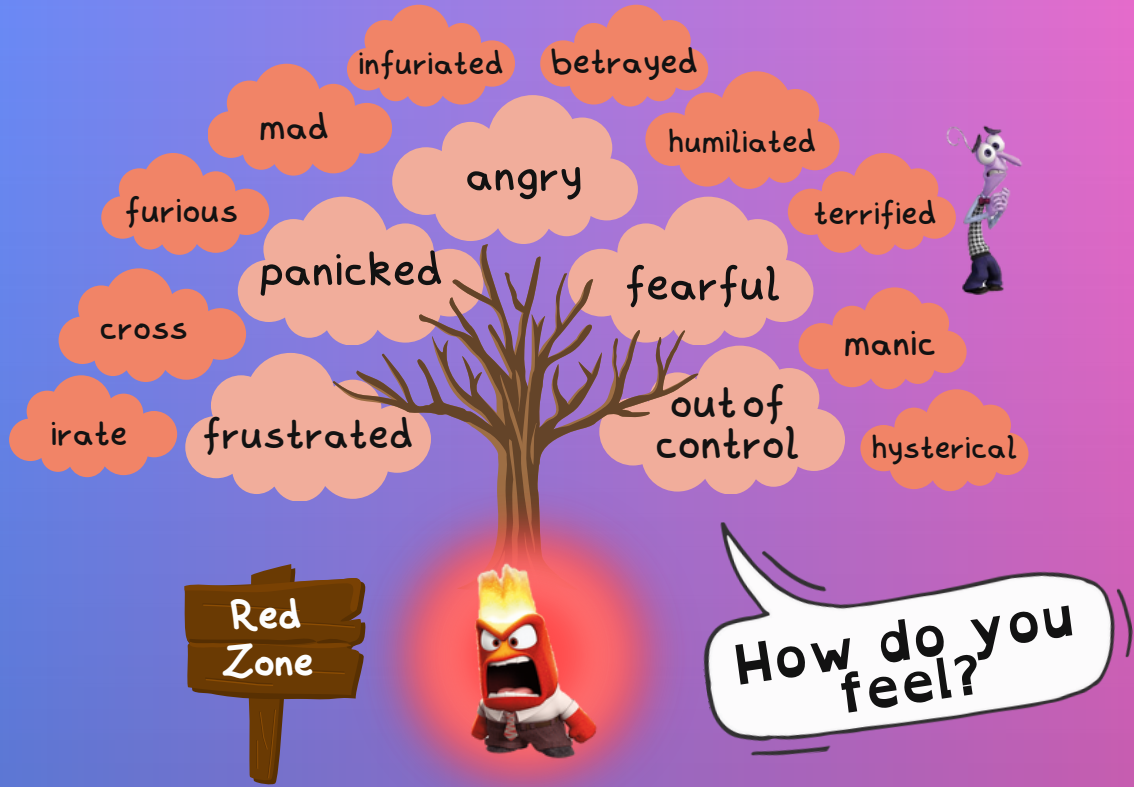
Try to explain why how you feel

Use a distraction tactic such as counting or music

Have a toy to cuddle to make you feel better

Leave the situation safely

Red Zone



The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight or freeze protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.

When in the Red Zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy. For example, if we are feeling angry it may help to pause and count to 10 before we act. If we are panicked, we can stop and use self-talk to help us gain a sense of control of our thoughts in order to meet our goal. If we are elated, such as when a teammate scores the winning point, we might need to pause and take a big breath to regulate our impulse to run out on the field to celebrate if there is still time on the clock.

How are you reacting?

Want to stamp your feet or bang around

You feel like you're going to explode

You feel like you want to run away and hide

You might want to yell, hit or cry

Your breathing and heart rate is rapid

Body is tense. You might clench your fists and grit your teeth

How can we manage this?

Walk away and speak to an adult for support

Find a quiet, safe space where you feel happy

Pull or push against something like your hands, a wall or a cushion

Write down your thoughts and feelings

Count slowly to 10 and use a breathing technique