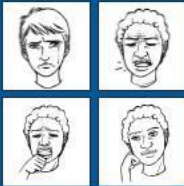
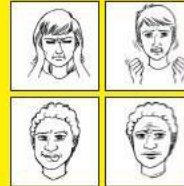


Information for parents about The Zones of Regulation

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay 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

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What are the Zones of Regulation?

They teach children:

- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills

Why do we use this method at Aston Rowant?

- It provides a **common language** to discuss emotions - a language that is non-judgmental.
- The Zones of Regulation is **simple** for children to

understand but is helpful for all!

- The Zones teach **healthy** coping and regulation strategies.

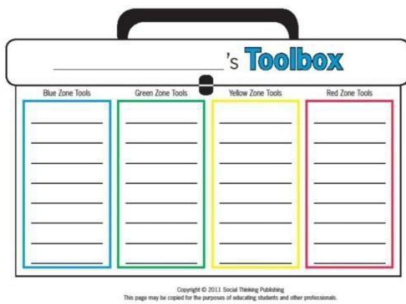
Zones of Regulation divides feelings and emotions into 4 different colours:

- **Blue Zone:** sad, sick, tired or bored (*low state of alertness - brain and/or body is moving slowly or sluggishly*).
- **Green Zone:** in control, calm, happy and ready to learn (*regulated state of alertness*).
- **Yellow Zone:** more intense emotions and states but able to maintain control, worried, frustrated, silly, excited, scared or overwhelmed (*heightened state of alertness but you still have some control*).
- **Red Zone:** elated, angry, wild, terrified. (*heightened state of alertness and out of control*).

Important things to know about regarding the Zones are:

- **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 manage their feelings/states and behaviours.
 - "It's OK to be angry but it is not OK to hit..."
 - You can be in more than one Zone at a time (eg. sad and angry).
 - If your child is confidently using words to describe their emotions, they don't need to revert to Zones language. HOWEVER it is useful for them to know the strategy groups that will help them. *Eg. sick or tired = blue zone strategies*
 - If your child is in the Red Zone...
 - Limit verbals - this is not a teachable moment.
 - Discuss use of tools when child is regulated.
 - Plan for if/when child is in Red Zone.
- "I wonder if this strategy would help...?"

Zones Toolbox



We talk about the children building up a 'toolbox' of strategies to help them when they are experiencing different emotions so that they have a range of strategies to use to help themselves self regulate.

Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

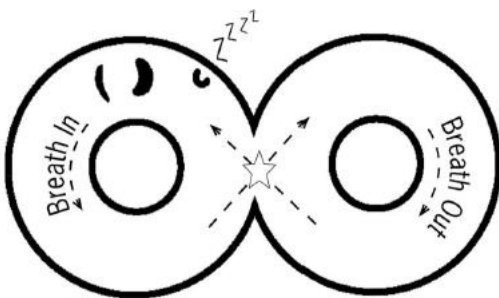
Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.

We aim to pick 2/3 for each Zone (depends on child).

Examples of calming activities:

Lazy 8 Breathing



- Puzzles
- Listen to Music Draw/Paint Origami
- Play-Doh/clay
- Read

How can you support your child with the Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g. "I'm frustrated, I am in the yellow zone")
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. "I can see you are working really hard to stay in the Green Zone by..."
- Talk about what tool you will use to be in the appropriate Zone
(e.g. "I'm going to go for a walk, I need to get to the green zone")
- Label what zones your child is in throughout the day (e.g. "You look sleepy, are you in the blue zone?")
- Teach your child which Zones tools they can use (e.g. "It's time for bed, let's read a book together in the rocking chair to get to the blue zone.")
- Post and reference the Zones visuals and tools in your home (Zone check in stations and toolboxes for the family!)