

## Zones of Regulation Week 1

### If I am in the blue zone, I may feel...

sad, sick, tired, or bored or generally just not myself.

### I can...

Get a drink of water, take a walk around the room or in the garden if I have one. I can stretch and move. I can think of 3 positive things in the day.

### If I am in the Yellow Zone, I may feel...

frustrated, anxious or nervous. But, it could also mean I feel excited, silly, or hyper.

### I can ...

Take myself away from the situation, count to 10, do a mindfulness activity, drink some water. Do wall pushups, Go for a short run or jog in the garden, do some colouring, take some deep belly breaths

### If I am in the Green Zone, I may feel...

calm, focused, happy, or ready to learn

### I can...

Listen to and follow instructions, be aware of other people's emotions and be open to new ideas

### If I am in the Red Zone, I may feel ...

anger, rage, terror, or complete devastation and feel out of control

### I can ...

Go somewhere quiet, just wait until I am calmer, drink water or eat something or draw or sleep, take some exercise

## Activities

- Make some emotion stones
- Make a zones of regulation poster
- Make a zones of regulation spinner
- Keep a journal of your thoughts and feelings

## Parent Guide to Zones of Regulation

The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorise it based on colour. They learn different strategies to help them cope and manage their emotions based on which colour zone they're in. Additionally, the Zones of Regulation helps children recognise their own triggers, learn to read facial expressions, develop problem solving skills and become more attuned to how their actions affect other people.

### The Green Zone

The green zone is used to describe when you're in a calm state of alertness. Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you *want* your child to be in. It's also the state most needed in the classroom and at home in order to learn.

### The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you typically still have some control when you're in the yellow zone. Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situation.

### The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions. This is the zone children are in during meltdowns. Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.

### The Blue Zone

The blue zone, is used when a person is feeling *low states of alertness*. When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions