

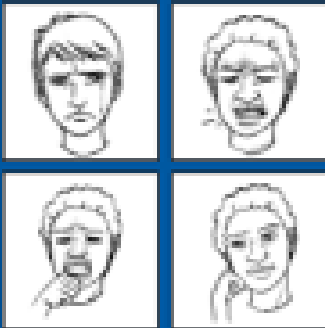
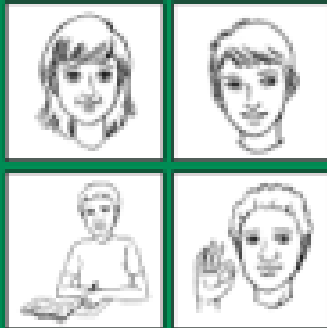

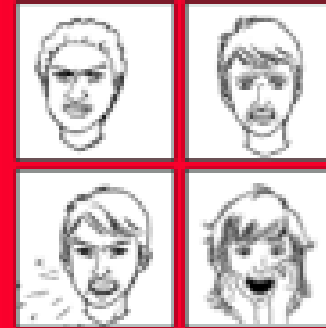




Zones of Regulation

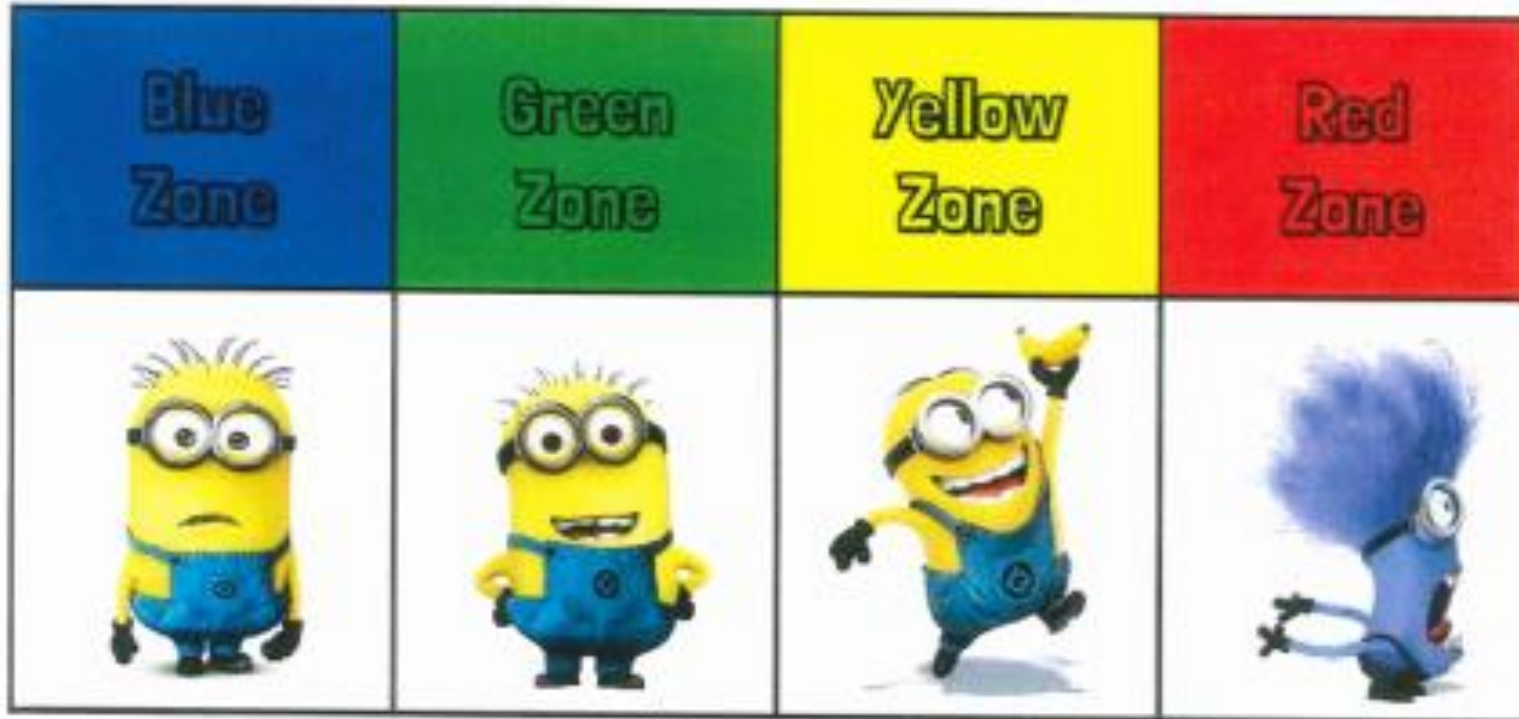
- The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorise it based on colour.
- The teaching of the zones helps children better understand their emotions, sensory needs, and thinking patterns.
- They learn different strategies to help them cope and manage their emotions based on which colour zone they're in.
- 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 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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OTHER ZONES VISUALS



ZONE Idioms

Blue Zone

- Down in the dumps
- Downhearted
- Why the long face?
- Feeling blue
- Under the weather

Green Zone

- In seventh heaven
- I feel ten feet tall
- On top of the world
- On cloud nine
- Cool as a cucumber
- Pleased as punch
- I'm cool
- I'm down with that

Yellow Zone

- Wound up
- At my wit's end
- Butterflies in my stomach
- Woke up on the wrong side of the bed
- Chip on your shoulder
- Cause a stir
- At the end of your rope
- Under the wire
- Ants in your pants
- Fish out of water

Red Zone

- Lost my cool
- Ready to boil
- Blow off some steam
- About to explode
- Mad as a hornet
- Beside yourself
- Go bananas
- Go to pieces
- Come apart at the seams
- Thrilled to bits
- Over the moon
- Jumping for joy

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Zones of Regulation

- **BLUE zone**
- Your body is
- running slow, such
- as when you are
- tired, sick, sad, or
- bored

GREEN zone
Like a green light, you are “good to go”. Your body may feel happy, calm and focused.
LEARNING ZONE

YELLOW zone
This zone describes when you start to lose a bit of control, such as when you feel frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.





















RED zone
This zone is for extreme emotions such as anger, aggression, over excited. When you are in this zone, you are out of control, have trouble making good decisions and must **STOP**



WHAT ZONE WOULD YOU BE IN?

- Monday morning
- Queue jumping
- Watching your favourite film
- Someone disagreeing with you
- Friday evening
- Saturday picnic in the park
- Having your hair cut
- Winning the lottery
- Someone doesn't understand you
- Starting a new job

The Zones of Regulation

 Blue Red Area	 Green Go	 Yellow Slow Down	 Red Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Yelling
 Hurt	 Calm	 Confused	 Aggressive
 Tired	 Proud	 Silly	 Mad

HOW CAN I SUPPORT THE ZONES OF REGULATION?

- 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 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 what 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”)
- Share how their behavior is affecting your zone (e.g. “It puts me in the blue zone when you ignore me”)
- Post and reference the Zones visuals and tools in your home.

VALIDATE FEELINGS - THERE IS NO SUCH THING AS A BAD ZONE.

- Everyone experiences all of the Zones—the Red and Yellow Zones are not “naughty” zones. (e.g., “It’s totally okay to feel angry, but it’s not okay to hit”)

UNEXPECTED RED ZONE TIP

Limit verbals – This is not a teachable moment.

Validate their feelings.

Give them time and space.

Process and teach skills later when calm.

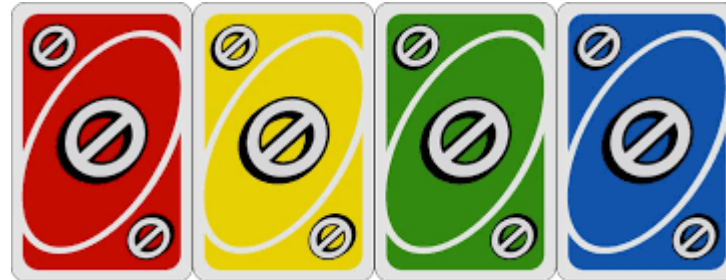
“Feelings Charades”

Take turns choosing emotions from a stack of cards or papers and act it out using only face and body clues. Guess each other’s emotion, discuss which zone it’s in and why. (Added challenge: Name a tool you’d use when feeling that emotion)

“Name that feeling”

- People watch and guess the feelings/zones of others
- Name the feelings of characters while watching a movie (and point out any strategies they use)

“Zones Uno”



The ZONES of Regulation® Reproducible Z * Here are a few ideas for a person's (child's) toolbox. These strategies can be used to move from a blue, yellow, or red zone to a green zone.

_____ 's Toolbox

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
<u>Talk to someone</u> <u>Play with a friend</u> <u>Go outside/Run</u> <u>Smile/Think happy</u> <u>deep breaths</u> <u>Take a nap</u> <u>Stretch/stand up</u> <u>Jump/Ask for help</u>	<u>eye contact</u> <u>Good body language</u> <u>Sit up/sit still</u> <u>Good attitude</u> <u>Good listener</u> <u>focused</u> <u>feeling okay</u> <u>Paying Attention</u>	<u>deep breaths</u> <u>Positive Self-talk</u> <u>Ask for help</u> <u>do your best</u> <u>Jump Around</u> <u>Take a nap</u> <u>Think positive</u> <u>Calm down</u>	<u>deep breaths</u> <u>apologize</u> <u>Quietly stomp feet</u> <u>hug or talk to</u> <u>Someone</u> <u>Count to 10 slowly</u> <u>color/run</u> <u>Do something else</u>

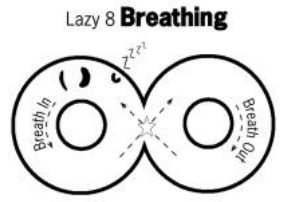
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CHILL ZONE
QUIET SPACE
ZEN CORNER
READING NOOK
SAFE PLACE
RELAXATION STATION



Counting

DEEP BREATHING



- Forward and backward
- Count objects
- Count colors
- Count breaths
- Count pulse

CALMING ACTIVITIES

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



Calming techniques



Argumentative → Truth-seeking

Bossy → Good director / Natural leader

Clingy → Affectionate

Conceited → Confident / Values self

Defiant → Courageous

Demanding → Assertive

Dependent → Connected

Doodles → Creative

Dramatic → Emotionally aware / Expressive

Fearful → Careful

Foolish → Fun loving

Fussy → Strong sense of tastes

Goofy → Joyful / Entertaining

Impulsive → Spontaneous

Loud → Exuberant / Confident



Thinking strategies



SENSORY TOOLS



SENSORY STRATEGIES

- Bear Hug
- Spaghetti Noodle
- Swing/rock
- Go for a walk
- Wall push ups
- Straw (breath or chew)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll



Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?

