

Zones of Regulation

Parent information session

Why are we introducing the

It's a stressful world out there! **Zones?**

We need to teach our children coping and regulation strategies so they can help themselves when they become stressed, anxious, or sad.

Typically, children who can 'self-regulate' will turn into teenagers and adults who can self-regulate.

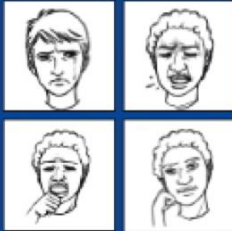



The Zones of Regulation is a curriculum that teaches children to recognise when they are in a "zone" and helps them identify and use strategies that can support them when in a particular zone.

Introduced to support children with Autism but we're using it across the school!

IT WORKS!!

What zone are you in? Why?

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

What Zone Are You In?

Blue



Sick
Sad
Tired
Bored
Moving Slowly

Green



Happy
Calm
Feeling Okay
Focused
Ready to Learn

Yellow



Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some
Control

Red



Mad/Angry
Mean
Yelling/Hitting
Disgusted
Out of Control

WHAT ARE THE ZONES?

There are four zones to describe how your brain and body feel.

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.

YELLOW Zone – This zone describes when you start to lose control, such as when you are 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, terror and aggression. When you are in this zone, you are out of control, have trouble making good decisions and must STOP!

- There is no “bad” zone - NEVER make them feel bad about the Zone they are in. Support them in controlling the feelings they have.
- All of the Zones are expected in different times and circumstances
- Learn to manage one’s Zone according to personal goals, social context and environmental demands
- Create a culture where everyone experiences the Zones
- You can be in more than one Zone at a time
- Some emotions can fall into more than one Zone

The goals of the Zones of Regulation

To support pupils to:

- identify their feelings and levels of alertness
- use effective regulation tools
- know when and how to use tools
- problem solve positive solutions
- understand how their behaviours influence others' thoughts and feelings (theory of mind)

Ultimately... Independent Regulation!

Green Zone Explanation

Green Zone Explanation

Green Zone - In this zone, you should be feeling happy, calm, focused and ready to learn.






Green Zone

How to stay in green



Tools to stay in the Green zone...

- Sit nicely 
- Look at the teacher 
- Good listening 
- Keep my hands to myself

Tool kit

_____ 's **Toolbox**

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools

Each zone contains 10 horizontal lines for writing.

Emojis for the Green zone



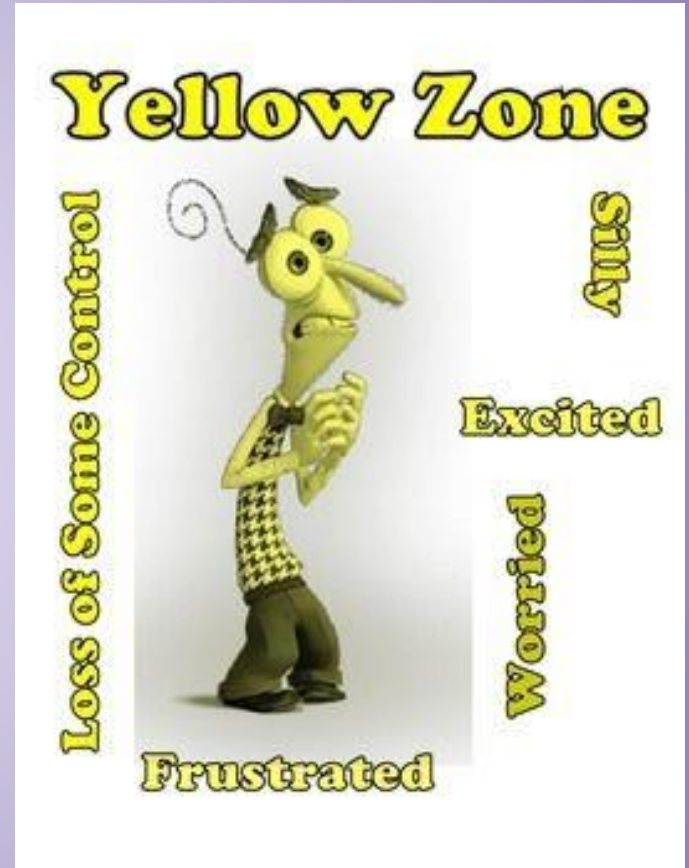
Yellow Zone Explanation

Yellow Zone Explanation

YELLOW Zone –

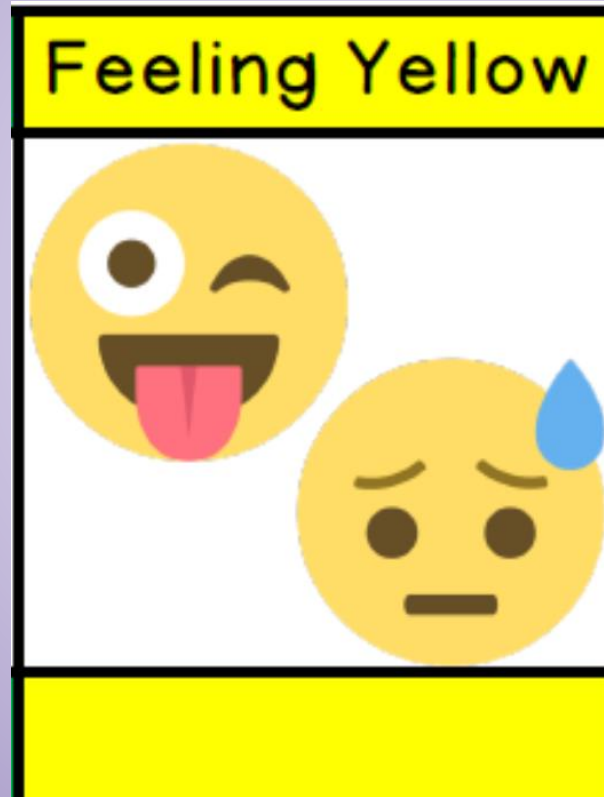
Use caution when you are in this zone. This happens a lot at play and lunchtime.

What puts you in the yellow zone?



What helps you to move to the green zone? What tools could you use?

Emojis for the Yellow zone



Blue Zone

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, hungry or bored. This can happen anytime throughout the day.

How do you know children are in the blue zone?

- Quiet
- Upset
- Body language
- Someone who is alone
- Someone not ready to learn



Tools to get back into the **Green zone...**

These can be activities to help wake up our bodies, feel better, and regain focus.

- Take a break by...
 - having a drink of water
 - doing some exercise
- Talk to an adult
- Sing a song or listen to some music
- Play with my friends
- Have a hug

Tool kit

_____ 's **Toolbox**

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools

Each zone contains 10 horizontal lines for writing.

Feeling Blue



Emojis for the
Blue zone

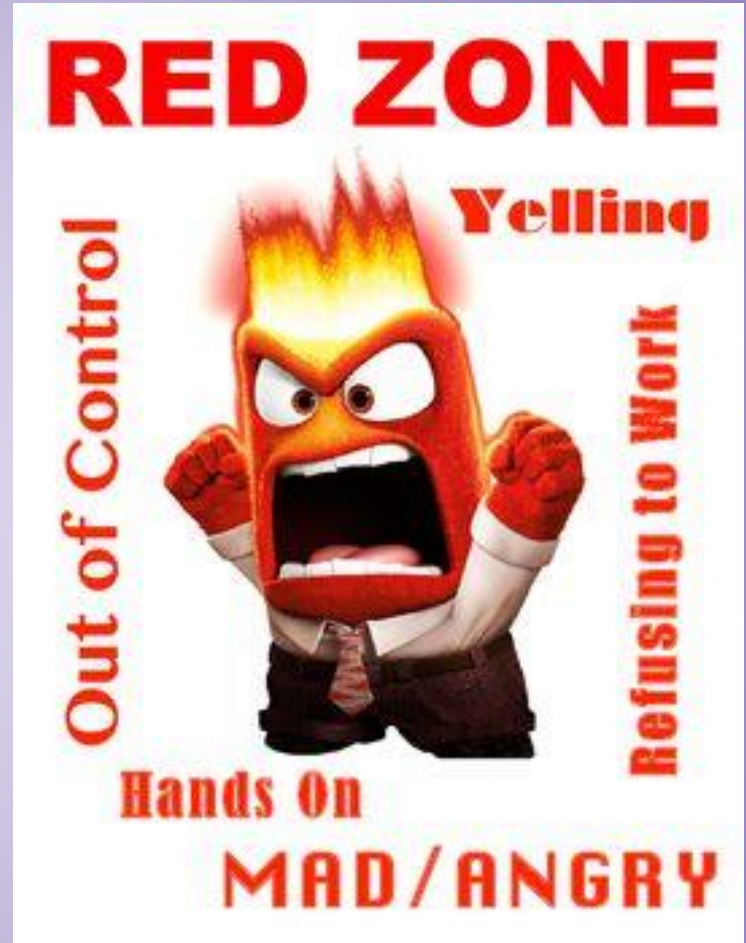
Red Zone

When you are in this zone, you are out of control, have trouble making good decisions and must STOP!

How do you know when you are in the red zone?

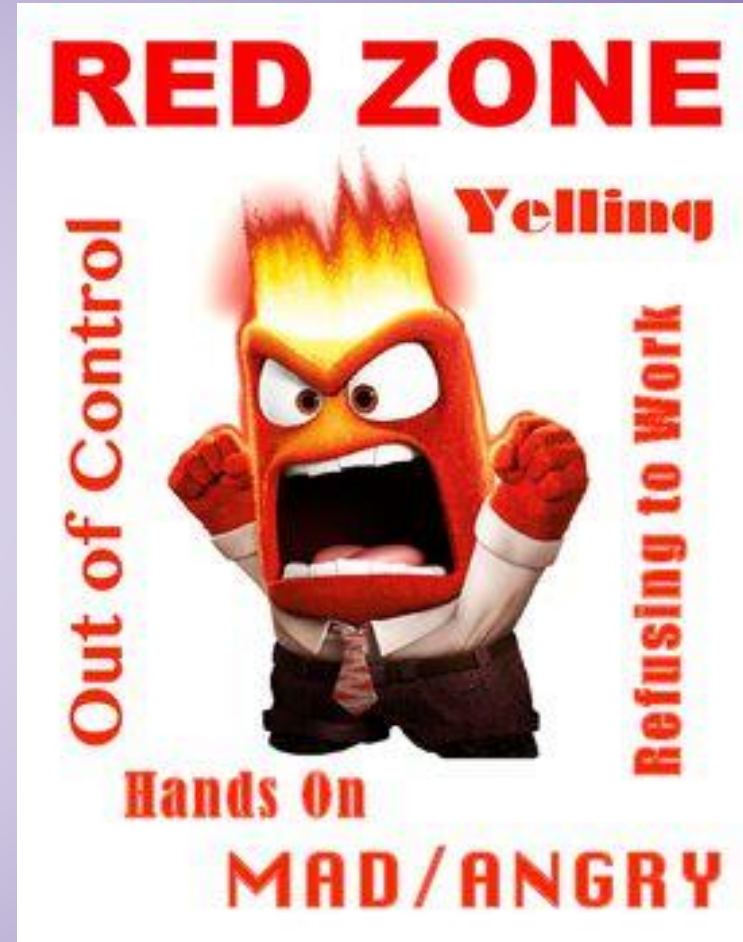
- Tone and level of voice
- Muscle tension
- Gestures/actions
- Body language

WHAT PUTS YOU IN THE RED ZONE????



Red Zone

- Pre-teach Red Zone tools
- Safety is first priority
- Limit verbal input
- This is not a teachable moment
- Validate the student's feelings
- Give them time and space



Tools to get back into the green zone

- Talk to someone
- Breathe deeply
- Push body against a wall
- Move away to somewhere quiet

What strategies do you use to move out of the red zone?

Feeling Red



Tool kit

_____ 's **Toolbox**

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools

Each zone contains 10 horizontal lines for writing.

Blue Zone

I am running slow.



I can try these tools:



Yellow Zone

I need to take caution.



I can try these tools:

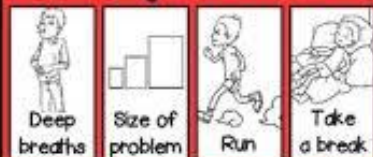


Red Zone

I need to STOP.



I can try these tools:



Green Zone

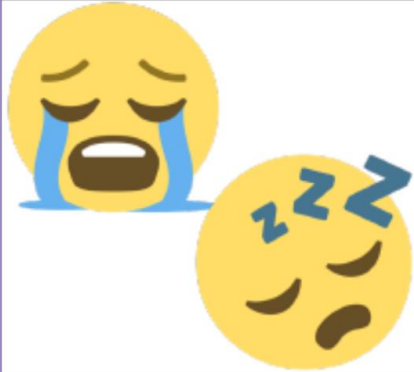
I am good to go.



I can do these:



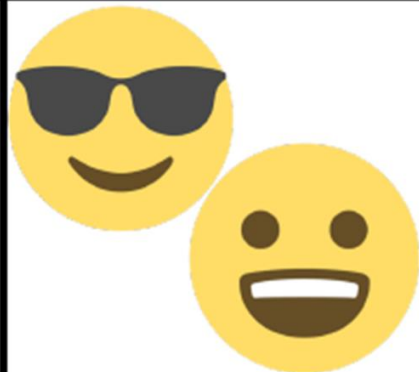
Feeling Blue



Feeling Yellow



Feeling Green



Feeling Red



Suggestions for at home.....

- ★ Talk about zones at home
- ★ Talk about the zone you are in
- ★ Talk about how others behaviour can affect the zone you are in
- ★ Talk about tools/ strategies which help you move into the green zone