

The **ZONES** of Regulation[®]



How can we make the ZONES useful to us?

- We can all learn the Zones properly by doing the following:
- Use our colour language to tell others how we are feeling. Talk about the ZONES as we can apply them in a variety of environments.
- Make it part of our everyday dialogue with each other-Teachers & Parents too! The more we hear about the ZONES, the more chance we will use them to help us self regulate our emotions!
- Talk about our emotions, so we all understand it is natural to experience different zones and talk to others about the strategies you use to regulate your emotions. For example I might say if I can't do something , "This is really stressing me out, I am feeling Yellow. I need to take some deep breaths and calm down."

What are the zones?

- A concept used to help you self regulate your feelings
- The Zones of Regulation helps you to categorise how your body feels and explain your emotions. The four coloured zones help you to do this.
- The Zones framework provides you strategies to become more aware and independent in controlling your emotions and impulses.
- It also improves your ability to problem solve conflicts and helps you to stay in the right zones in school.

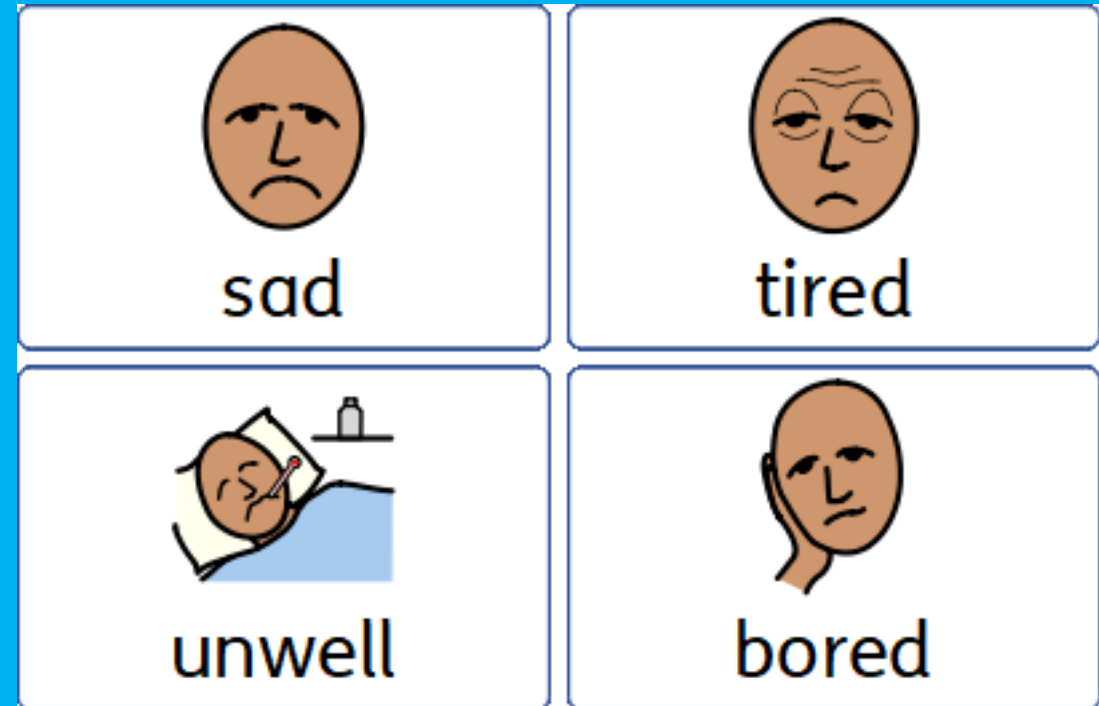


Children slide - Identify and take action

BLUE ZONE

Situations that put us on the BLUE zone

I have had a bad night's sleep...
I am feeling a bit poorly....
I'm a bit sad about playtime..
I had an argument..



[BLUE ZONE VIDEO](#)

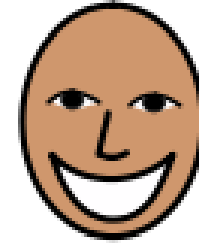
What can I do? ...resting, seeking comfort, or engaging in activities that can help you feel better.

Children slide - Identify and take action GREEN ZONE

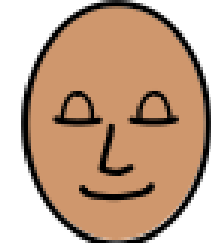
[Situations that put you in the GREEN zone](#)

I feel calm
I feel ready to learn
I am alert and ready!
I am positive and
happy..

[GREEN ZONE VIDEO](#)



happy



calm



focused



relaxed

What things helped you feel green? Spread the green...help others to get there too....

Children slide - Identify and take action

YELLOW ZONE

Situations that might put us in the YELLOW zone

I am starting to feel a change..
I am struggling to concentrate..
I'm fidgety or wriggly...
I'm not quite as positive as I can be...
racing heart..butterflies



nervous



upset



embarrassed



excited

YELLOW ZONE

What can I do? .. Use positive self-talk...practise deep breathing..ask a friend to help.....step away...ask for help...dance...

Children slide - Identify and take action

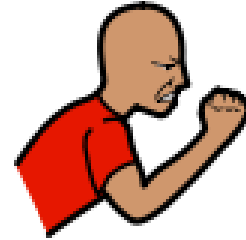
[What it feels like](#)

RED ZONE

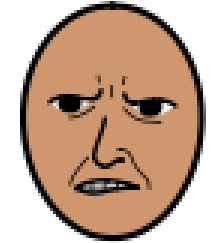
I feel angry...hot..
I am panicking
I feel like shouting..
I cannot control
myself...

[RED ZONE](#)

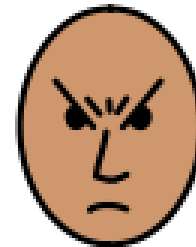
What can I do? Breathing exercises...take some fresh air...



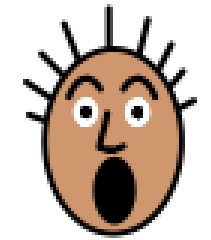
aggressive



mean



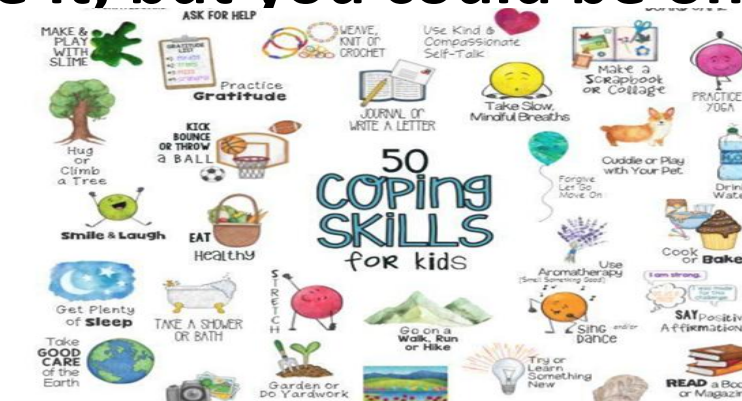
angry

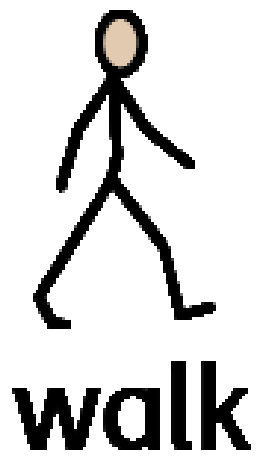
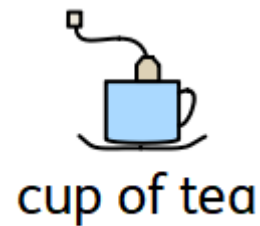
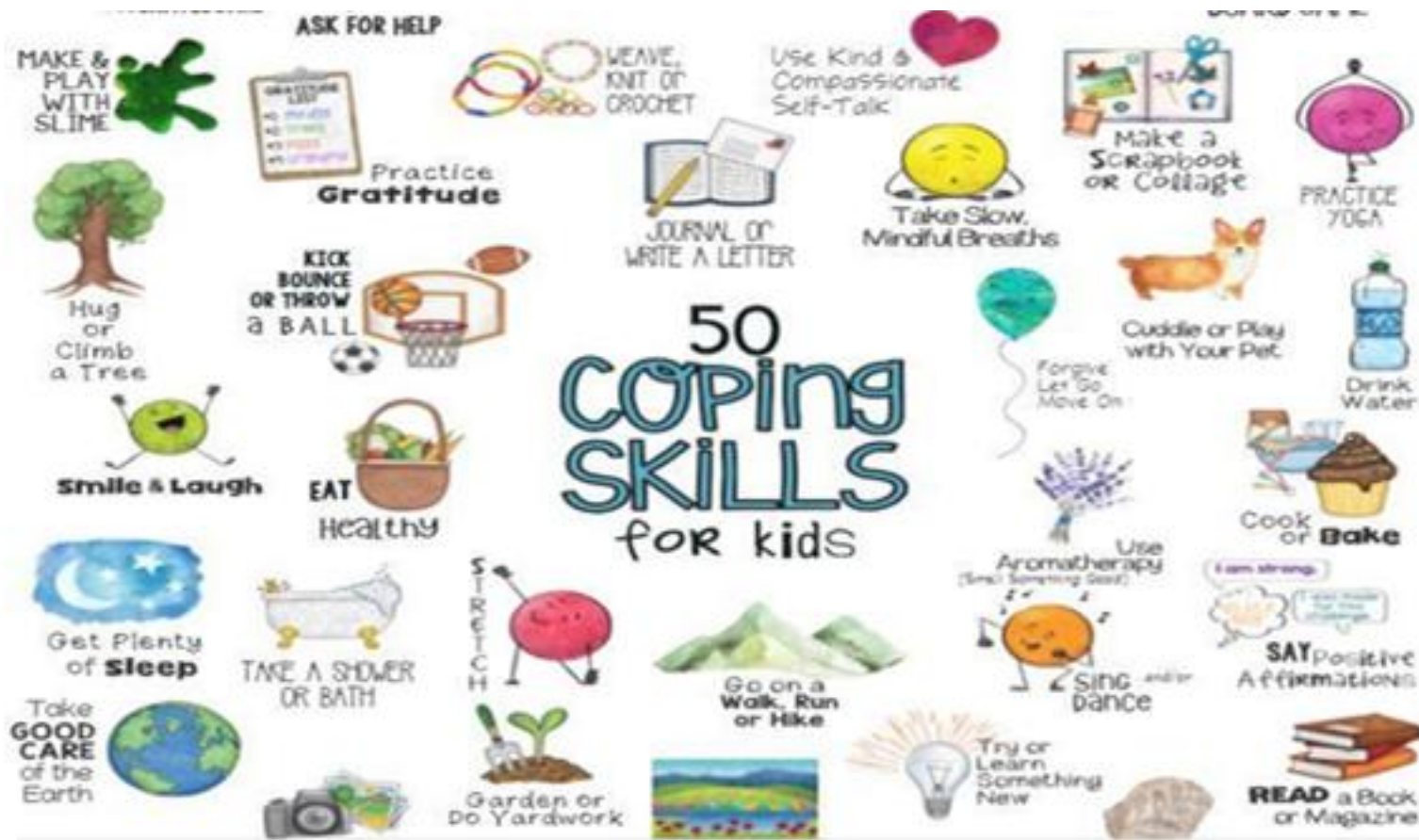


terrified

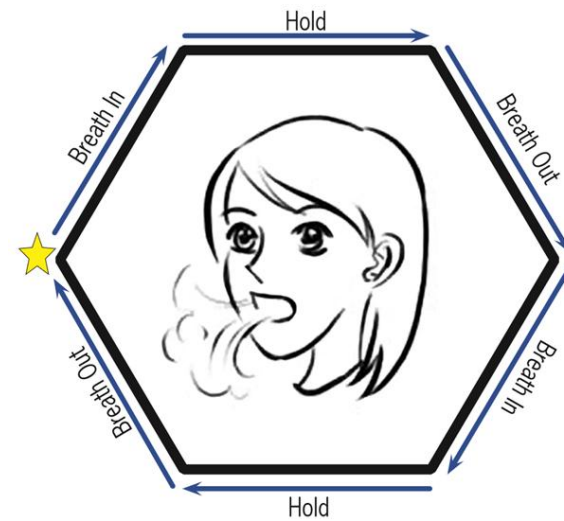
And remember..... there is no such thing as a bad **ZONE!**

- It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones.
- We must all try and think about what could make us when we end up in a zone.
- We must all start to think about what coping skills/strategies we have to get us back into the Green zone!
- Most importantly, support others when they are feeling Yellow/Red as you might not realize it, but you could be one of their coping skills!





The Six Sides of **Breathing**



Cheesy tune..... Of course!



<https://www.youtube.com/watch?v=wIRVklZXicM>