

Zones of Regulation



Think about it.....

When WE (parents, grandparents, teachers) are stressed, it is hard for us to do our jobs.

When our kids are stressed, it is even **HARDER** for them to learn!

What is Zones of Regulation?

A curriculum designed to teach:


- Self-regulation
- Communication of feelings
- Calm down strategies

GREEN
Zone



FEELING OKAY
HAPPY
FOCUSED
CALM
READY TO LEARN

YELLOW
Zone




FRUSTRATED
NERVOUS
excited
SILLY
SOME CONTROL

BLUE
Zone



BORED
SAD
Tired
SICK
MOVING SLOWLY

RED
Zone



ANGRY
MAD
OUT OF CONTROL
TERRIFIED

Zones of Regulation

Green Zone

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

Blue Zone

Your body is running slow, such as when you are tired, sick, sad or bored.

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!**

Strategies in the Toolbox

Size of the Problem

The **SIZE** of your **REACTION** should match the **SIZE** of the **PROBLEM**.



Tiny
PROBLEM

Little
PROBLEM

Medium
PROBLEM

Big
PROBLEM

Huge
PROBLEM

Expected and Unexpected Behavior

- Behavior that we should see vs. behavior that we would not expect
- How our behaviors affect other people's feelings

Self-Talk: Inner Coach and Inner Critic

- Inner Coach→ “I can do this,” or “This is tough, but so am I”.
- Inner Critic→ “I can’t do this,” or “I will never be good at math”.

Sensory Strategies

- Deep Breathing
- Calm down spaces
- Turning the lights off
- Putty/Fidget ball
- Listening to calming music

The Zones at Home

How to Own the Zones as a Parent or Adult

- Start identifying when you are feeling a certain zone
 - “This is really frustrating me and making me in the Yellow Zone.”

- Model how to use tools to get back to the Green Zone
 - “I am going to take a few deep breaths.”
 - “I need a few minutes for a break.”

Proactive Strategies At Home

- Post the Zones in a central place in your house
- Have a discussion about expected and unexpected behavior looks like at home.
- Make a family toolbox; list tools that all family members feel like would work for them.

Strategies for In the Moment

- Point out observations
 - “I see you may be in the _____ zone because you are _____.”
- Share with your child how their actions may be affecting what zone you or another family member may be in.
- Ask, “Is this a small or big problem?”
- Ask, “Is this expected or unexpected behavior?”
- Remind them in a calm way to use a tool

Reflection

- Verbally reinforce them when they have successfully used a tool.
 - “I notice you were in the _____ zone and you used _____ tool to help calm down. Thank you so much for working so hard to get back to the green zone!”

- Ask them, “What could you do differently next time?”