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
CALM
READY TO LEARN

HAPPY FOCUSED

BLUE Zone
BORED
SAD
TIRRD
MOVING SLOWLY

YELLOW Zone
SICK
FRUSTRATED
NERVOUS
EXCITED
SOMEx CONTROL

ANGRY
MAD
TERRIFIED
OUT OF CONTROL
<table>
<thead>
<tr>
<th>Zones of Regulation</th>
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<tbody>
<tr>
<td><strong>Green Zone</strong></td>
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<tr>
<td>Like a green light, you are “good to go.” You body may feel happy, calm and focused.</td>
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<tr>
<td><strong>Blue Zone</strong></td>
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<td>Your body is running slow, such as when you are tired, sick, sad or bored.</td>
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<tr>
<td><strong>Yellow Zone</strong></td>
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<td>This zone describes when you start to loose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.</td>
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<td><strong>Red Zone</strong></td>
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<td>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!</td>
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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?”