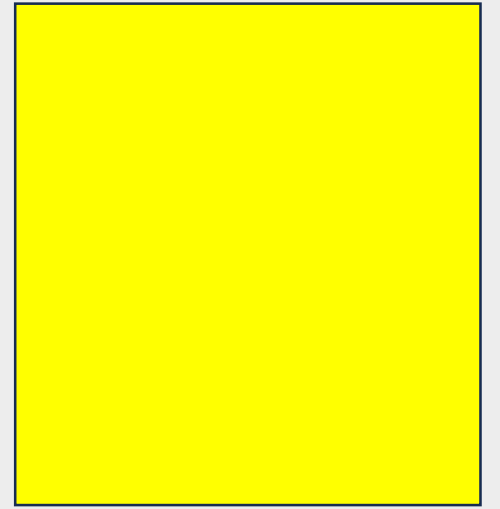
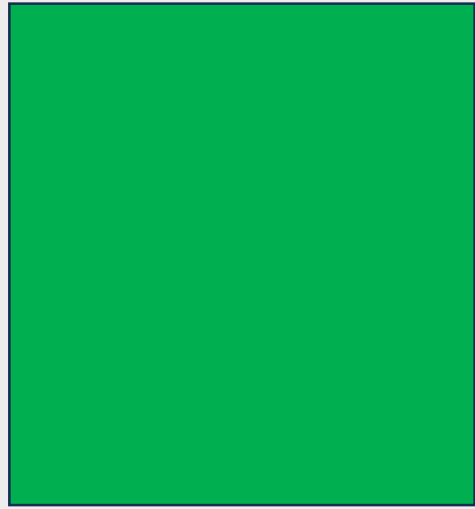
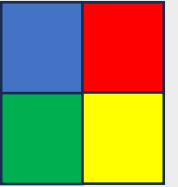


Zones of Regulation



Zones of Regulation



<https://zonesofregulation.com/how-it-works/>



Sorting

Feelings can be complicated and confusing for the children to understand and explain. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, states of alertness, and energy levels into the four following coloured Zones –

Blue, Green, Yellow, and Red.

The Zones of Regulation helps make the skill of regulation easier for the children and those who support them. For lots of children, having the visual of the colours supports them in being able to recognise it and discuss it with a trusted person in their life.

Blue Zone

What are you feeling if you're in the blue zone?



unhappy

low

tired

withdrawn

Green Zone

What are you feeling if you're in the green zone?



happy

focused

positive

ready to learn

Yellow Zone

What are you feeling if you're in the yellow zone?

excited

silly

nervous

confused



Red Zone

What are you feeling if you're in the red zone?



angry

annoyed

frustrated

out of control

All the Zones are Okay!

A core belief of The Zones of Regulation is *that all the Zones are okay*. We all experience several of the Zones throughout the day. It is so important that we don't say that the Green Zone is the only acceptable Zone to be in. We need to acknowledge, accept, and support these feelings, it is vital that children don't feel like the Green Zone is the norm. Children need to know every feeling is normal. Once we recognise which zone we are in, we can use tools and strategies to help ourselves get back to green and feeling happy/ready to learn e.g. talk to a friend, deep breaths, time out.

In school, we work on toolkits during some of our PSHCEe lessons surrounding the Zones. These are strategies each individual child has thought of that helps them regulate their emotions to get back to green.

Please note: Character illustrations are from the film 'Inside Out' (2015)
– Walt Disney Productions.