

A Guide to The Zones of Regulation

A Curriculum Written and Created by Leah M. Kuypers

The **ZONES** of Regulation®

			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

“Life is 10% what happens to us and 90% how we react to it.”

- Charles Sindoll

What is The Zones of Regulation?

The Zones of Regulation is a curriculum full of a range of activities to help your child develop skills in the area of self-regulation, self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for a specific situation. For example, when your child plays in a football game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

Aims of The Zones of Regulation:

- To help children recognise when they are in the different Zones and how to change or stay in the Zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight into events that might make them move into the different Zones e.g. Disagreement with a friend, a certain subject being taught, a fire drill.
- To help children to understand that emotions, sensory experiences, physiological needs (e.g. Hunger / lack of sleep) and environments can influence which Zone they are in.
- To develop problem-solving skills.
- To identify a range of different calming and alerting strategies / tools that support them. Tools identified may be personalised sensory supports (e.g. use of putty at key times), calming techniques or thinking strategies.



Who is The Zones of Regulation for?

We need to teach ALL of our children good coping and regulation strategies so that they can help themselves when they experience emotions such as anxiety or stress. Teaching children these tools at a young age will support them in later life.

How will my child learn about The Zones?

Our school is introducing The Zones of Regulation across the school as part of the PSHE curriculum. All adults are trained and will use the language to support the children with discussing their emotions.

How can you help your child to use The Zones of Regulation?

- Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated, I think I am in the Yellow Zone”).

- Talk about what tool you will use to be in the appropriate zone (e.g. “I need to take 4 deep breaths to help get me back to the Green Zone”).
- At times, wonder which Zone your child is in or discuss which Zone a character in a book / film might be in (e.g. “You look sleepy, are you in the Blue Zone?”)
- Engaging your child in discussion around The Zones when they are in The Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.
- Teach your child which tools they can use (e.g. “It’s time for bed, let’s read a book together to get to The Blue Zone”).
- Share how their behaviour is affecting your Zone (e.g. If they are in the Green Zone you could comment that their behaviour is helping you feel happy / go into the Green Zone).
- Put up and reference the Zones visuals in your home.
- Praise / encourage your child to share which Zone they might be in.

It’s important to note that everyone experiences all of the Zones – the Red and Yellow Zones are not the ‘bad’ or ‘naughty’ Zones. All of the Zones are expected at one time or another.

How do I learn more about The Zones of Regulation?

- Visit their website: <http://zonesofregulation.com/index.html>
- Watch the film Inside Out (2015) and discuss the emotions Riley is feeling
- Read together and discuss the emotions
 - The Way I Feel by Janan Cain
 - My Body Sends a Signal by Natalia Maguire
 - Find Your Calm by Gabi Garcia
- Play ‘Name that feeling’ game
- Play ‘Navigating the Zones’ game (can be purchased online)

