

Zones of Regulation

A guide for parents

Zones of Regulation - The 'What' and the 'Why'

The Zones of Regulation is an internationally renowned programme which helps children to manage emotions. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry and anger. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and manage their feelings so they can get back to feeling calm and ready to learn.

We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience strong feelings. Each class is taught about The Zones and uses them in the most age-appropriate way.

Sad
Bored
Tired
Sick

Happy
Focused
Calm
Proud

Worried
Frustrated
Silly
Excited

Overjoyed
Elated
Panicked
Angry

Understand what might make them move into different Zones.	Recognise when other people are in different Zones and develop better empathy.	Increase emotional vocabulary so they can explain how they are feeling.
Identify a range of calming strategies that support them.	Understand that emotions and sensory experiences (such as lack of sleep or hunger) influence their Zone.	Recognise the different Zones and learn how to change or stay in the Zone, they are in.

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The Zones

The zones are 4 colours that are used to show different types of emotions.

No zone is 'bad' or 'good'. We all experience them at one time or another. It is important to validate all emotions.

Blue Zone

Used to describe low states of alertness (such as feeling sad, tired, sick or bored). This may mean that it is time to rest.

Green Zone

Used to describe a regulated state of alertness (such as feeling calm, happy, focussed or content). This zone is needed for school work, being social and ready to learn.

Yellow Zone

Used to describe a heightened state of alertness, but with some control (such as when experiencing stress, frustration, excitement or nervousness). This often means that it is time to slow down.

Red Zone

Used to describe extreme heightened feelings (such as feeling anger or panic). Being in this zone can feel like a loss of control, meaning that it is time to stop.

Tools and Strategies

Blue Zone Tools

Think about what you might do to make you feel better when you are sad, tired or bored. This might include talking to a trusted person, breathing, taking a break and relaxing, doing a hobby, stretching or walking.

Yellow Zone Tools

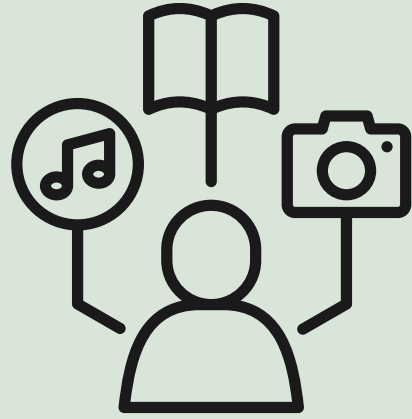
When you see your child starting to become heightened, fidgety, overexcited or unfocussed – using calming strategies can help to prevent an escalation into the Red Zone.

Red Zone Tools

Strategies that calm the emotions your child is feeling can help. These include deep breathing, pressure/heavy work activities, using sensory aids and tools such as putty or stress balls. Taking a walk in a quiet place or going to a quiet area. Minimising your language when your child is in the red zone helps keep things clear and calm.

Green Zone Tools

Think about the strategies you or your child uses to maintain your happiness and alertness in the activity you are engaging in.





How can I help my child at home?

- Model and 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.")
- Observe your child's behaviour and try to use strategies when they are showing signs of being in the yellow zone, to catch it before they move to the red zone.
- Practice calming strategies when your child is in the green zone. This may include doing some deep breathing/meditation/heavy work and sensory activities throughout their day.
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four 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 film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Put up and reference the Zones visuals and tools in your home to consistently refer to and check in regularly with this
- Praise and encourage your child when they share which Zone they are in.
- Develop your child's own zones of regulation tool box