



## Information on the Zones of Regulation

### What are the Zones of Regulation?

The Zones of Regulation are based on a series of lessons and activities designed by Leah Kuypers, an occupational therapist, to help pupils gain skills in self-regulation.

### What is self-regulation?

The ability to achieve a preferred state of alertness for the given situation. This includes regulating your body's needs as well as your emotions.

### What are the goals of the Zones of Regulation?

The Zones of Regulation aims that everyone is able to know and understand the Zones language creating a comfortable and supportive environment to practice their self-regulation skills. The pupils are supported during the process by doing the following:

- Use the language and talk about the Zones.
- Make comments aloud so that the pupils understand that it is natural that we all experience the different Zones and use strategies to control or regulate ourselves. E.g. 'This is really frustrating me and making me go into the yellow zone.'
- Help pupils gain awareness of the Zones and feelings by pointing out observations made.
- Validate what Zone the pupil is in and help them explore ways to self-regulate.
- Explore how pupils actions can impact on the Zone others are in.
- Explore pupils triggers and Zone tools to regulate.
- Ask the pupil to frequently share their Zone and talk about it.
- Positive reinforcement of pupils recognising their Zones and managing their response while in it.

### What skills do the Zones of Regulation teach the pupils?

- Identify their feelings by categorizing feelings into four Zones
- Self-regulation by achieving a preferred state of alertness.
- Identify triggers and what changes their Zone
- Coping strategies or a toolkit that helps to achieve emotional regulation and manage strong feelings
- Size of the problem, and how this matches the size of their reactions.

### What are the Zones Colours and their meanings?

There are four colours to help pupils identify how they are feeling.

- They can be in more than one Zone at a time.
- There are no bad Zones.
- They can look like one Zone on the outside and feel like another on the inside.

### Blue Zone:

The Blue zone is when a person is feeling low states of arousal. Being in the blue zone means you can feel sad, sick, tired, bored.

### Green Zone:

The green zone is used to describe a calm or ideal state of alertness. Being in the green zone means you feel calm, focused, happy or ready to learn.





### Yellow Zone:

The yellow zone is used to describe when are have a heightened state of alertness. Being in the yellow zone means you can feel silly, excited, frustrated, scared, anxious, or nervous. Your energy is elevated but you still fell some sense of control.

### Red Zone:

The red zone describes an extremely heightened state of alertness. When the red zone is reached they are no longer able to control their emotions or reactions. Being in the red zone means you can feel anger, terror, rage, grief and feel out of control.

## 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