



THE ZONES OF REGULATION®

A curriculum designed to
foster self regulation and
emotional control

By Leah M. Kuypers

What is **Zones of Regulation**?

- The Zones is a systematic, cognitive behavioural approach used to teach **self-regulation** by categorising all the **different ways we feel** and **states of alertness** we experience into **four concrete coloured zones**.
- The Zones framework provides **strategies** to teach children to become more aware of and independent in **controlling their emotions and impulses**, manage their **sensory needs**, and improve their ability to **problem solve** conflicts.

What are the goals of Zones?

- To teach the children:
 - Identify their feelings and levels of alertness
 - Effective regulation tools
 - When and how to use tools
 - Problem solve positive solutions
 - Understand how their behaviours influence others' thoughts and feelings
 - Independent Regulation!

The ZONES of Regulation®

How does your body feel?

SLOW

BLUE ZONE

FOCUS

GREEN ZONE

ABOUT TO LOSE CONTROL

YELLOW ZONE

OUT OF CONTROL

RED ZONE

Feeling stressed?

Count to 10, take deep breaths and try to calm down. An adult can help you do this if you are struggling.

STOP

Why do you feel like this?
What Zone are you in?
What has upset you?

THINK

Speak to a person you trust about the issue.

All of the teachers are here to help you.

GO

Zones of Regulation

Blue Zone

Green Zone

Yellow Zone

Red Zone

What Zone are you in?

Running Slow

Good to Go

Caution

STOP

Parents please take one!

RED ZONE

STOP

YELLOW ZONE

CAUTION

GREEN ZONE

GODD to GO

BLUE ZONE

RUNNING SLOW

BLUE ZONE

RED ZONE

GREEN ZONE

YELLOW ZONE



The ZONES of Regulation®

How do I feel today??

BLUE ZONE

GREEN ZONE

YELLOW ZONE

RED ZONE

What zone are you in?

BLUE ZONE

Running Slow

sad
sick
tired
bored
moving slowly

GREEN ZONE

Good to Go

happy
calm
feeling okay
focused
ready to learn

YELLOW ZONE

Caution

frustrated
worried
silly/wiggly
unfocused
loss of some control

RED ZONE

STOP

mad/angry
hands on
yelling
refusing to work
out of control

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools

Zachary

Nick

Liam

Nick

Zachary

Emilia

I'm in the GREEN Zone

I'm in the BLUE Zone

I'm in the YELLOW Zone

I'm in the RED Zone

Sebastian

Willow

Annabel

Isla

Florence

Alexander

Rushi

Darcie

Lola

Esmé

Cooper

Harrison



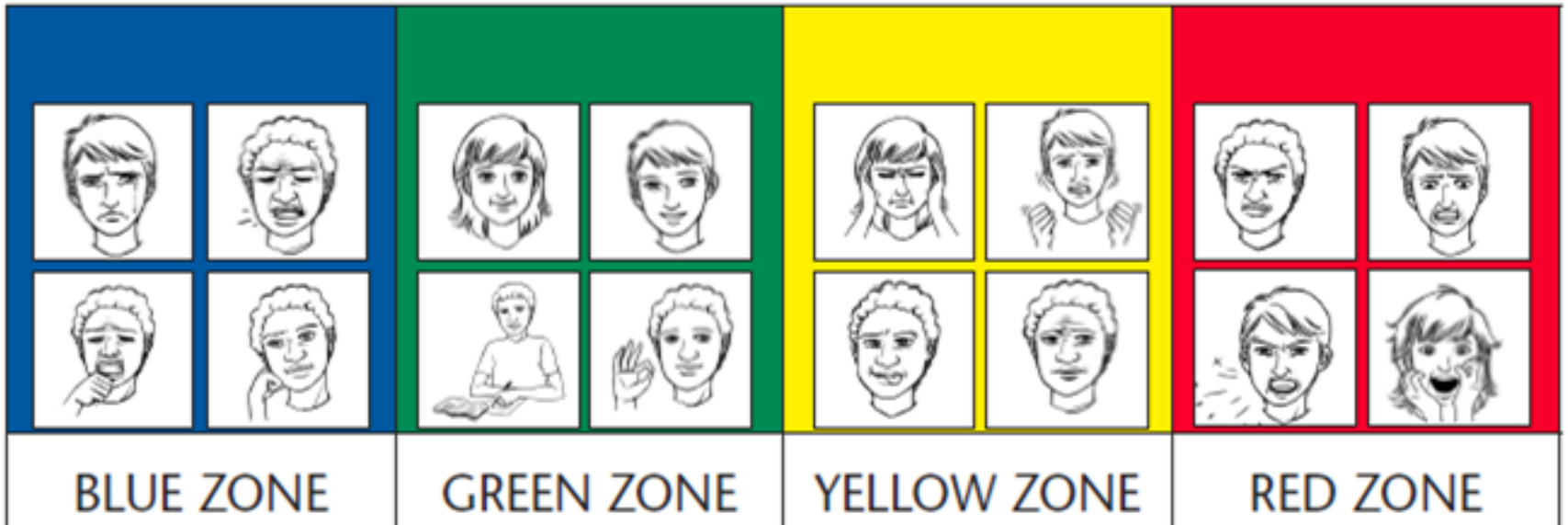
The 4 Zones

What are the four Zones?

The Blue, Green, Yellow and Red.



The **ZONES** of Regulation®







What do you think these people are feeling in **Blue**, **Green**, **Yellow** or **Red**?



Did you think of any of these?

The ZONES of Regulation®

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

Task: Watch this clip from the film 'Inside Out'. It is all about different kinds of emotions. What emotions can you spot? What zone might they belong to?



<https://www.youtube.com/watch?v=XriNmQSc1C4>



This grid shows the different kinds of emotions in each Zone linked to the characters in the film.

What zone are you in now?

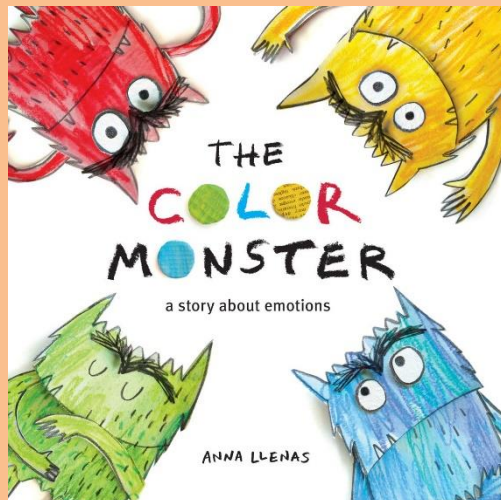
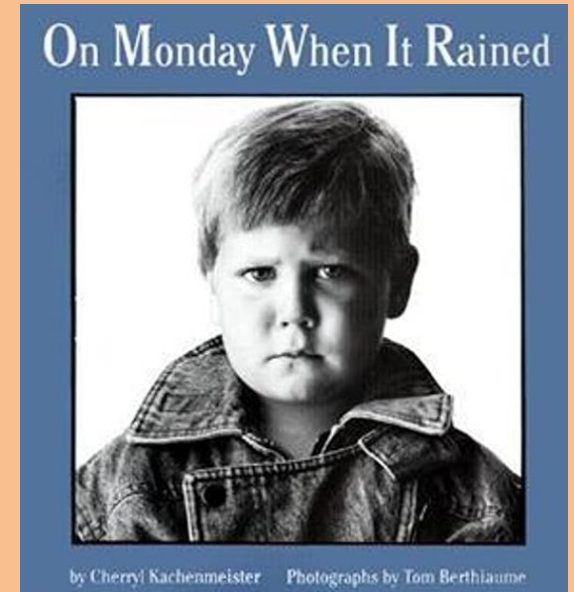
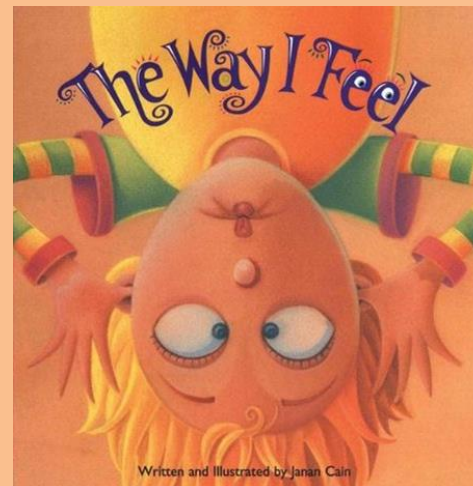
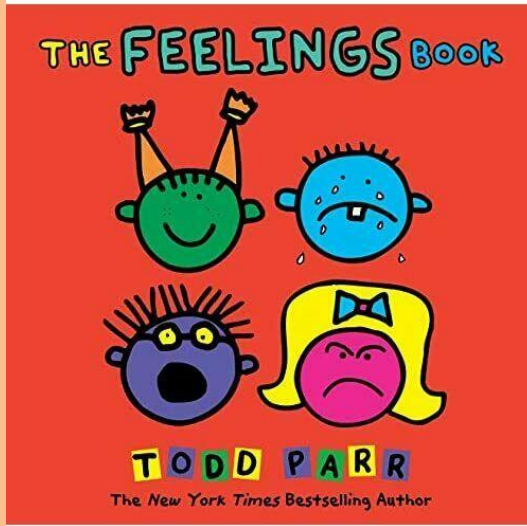
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

BOOKS TO HELP



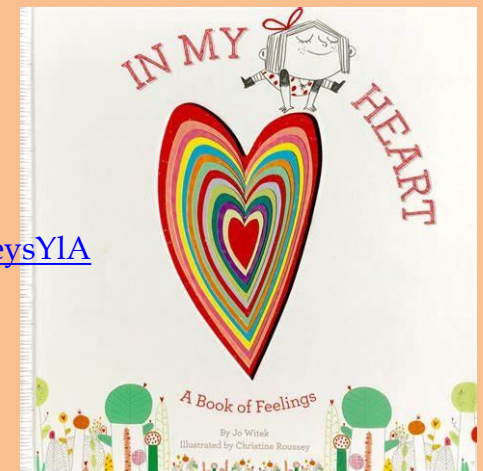
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<https://www.youtube.com/watch?v=MSdSWIfCpJ8>

<https://www.youtube.com/watch?v=87meeysYIA>



<https://www.youtube.com/watch?v=VFCRqpGImi0>



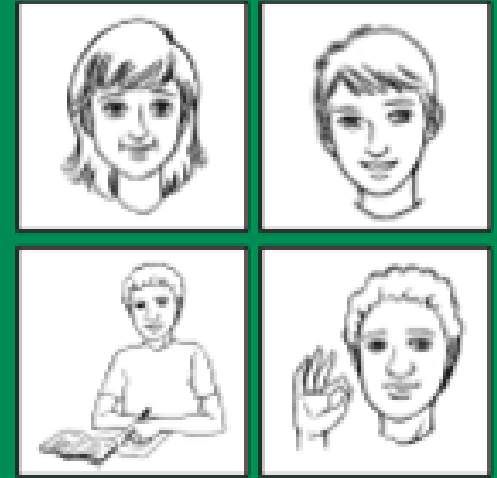
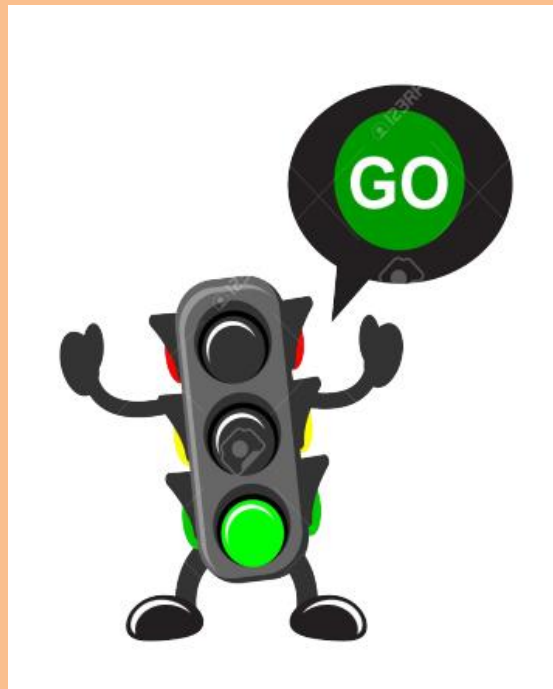
Green zone

This is like a green traffic light

Your brain and body feel good to go.

Task 1: Watch some of these clips which all show what it feels and looks like to be in 'Green Zone':

<https://www.youtube.com/watch?v=DNHmujbuC74>



GREEN ZONE

Happy

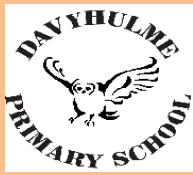
Calm

Feeling Okay

Focused

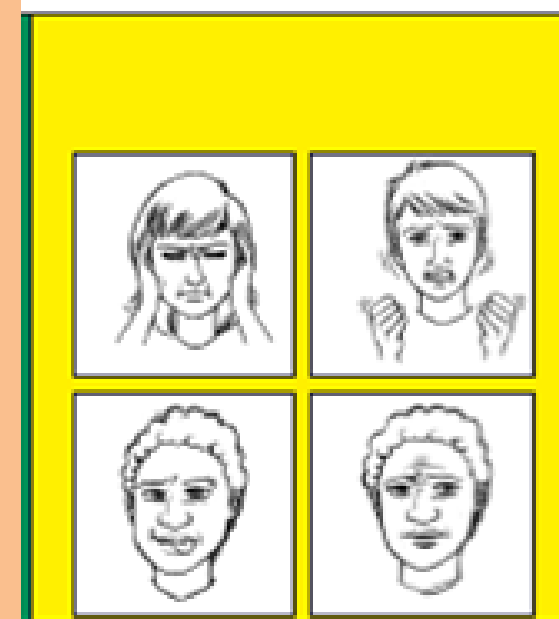
Ready to Learn

Task 2: Think of a time when you have been in 'Green Zone':



Yellow Zone

This shows caution - you are starting to lose control.



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control

Task 1: Watch some of these clips which all show what it feels and looks like to be in 'Yellow Zone':

<https://www.youtube.com/watch?v=8GBtO3wL0A>

Task 2: Think of a time when you have been in 'Yellow Zone':

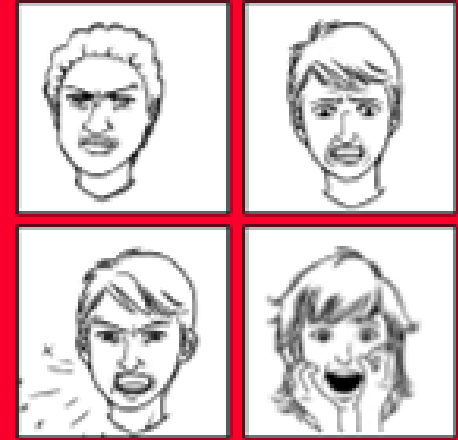
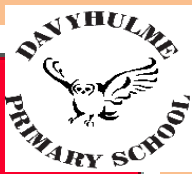
Red Zone

What do you think this one means?

It is for extreme emotions
For example, you are out of control,
having trouble making good
decisions and choices and you need
to STOP!

Task 1: Watch some
of these clips which
all show what it feels
and looks like to be in
'Red Zone':

<https://www.youtube.com/watch?v=2okrVHFKOoA>



RED ZONE

Mad/Angry

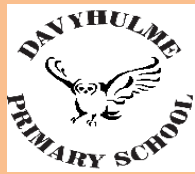
Terrified

Yelling/Hitting

Elated

Out of Control

Task 2: Think of a
time when you have
been in 'Red Zone':

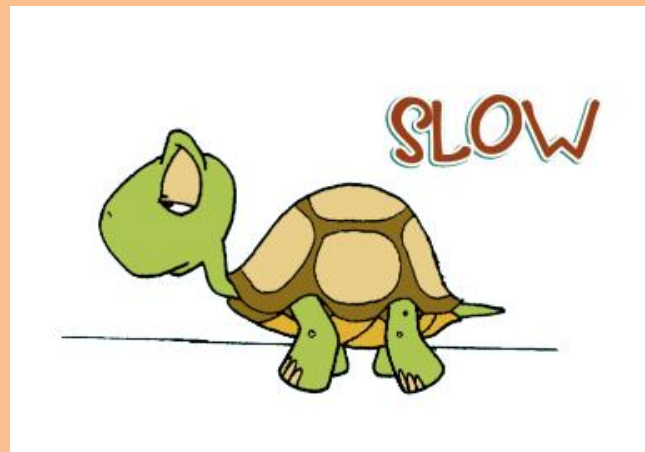


Blue Zone

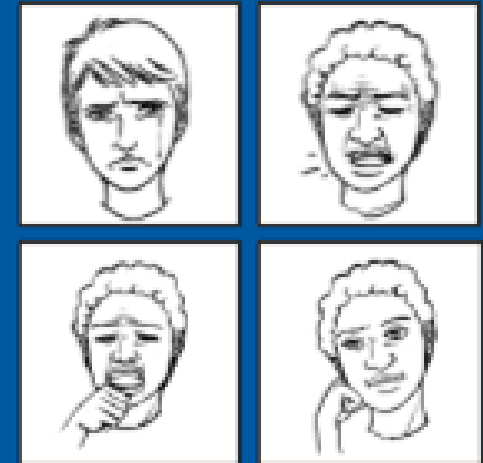
You are in the slow lane - your body is running slowly and your brain is finding it hard to concentrate.

Task 1: Watch some of these clips which all show what it feels and looks like to be in 'Blue Zone':

<https://www.youtube.com/playlist?list=PLQrZz8F5ernwbjUdOjuO0HJO6NmHk6kHG>



Task 2: Think of a time when you have been in 'Blue Zone':



BLUE ZONE

Sad

Sick

Tired

Bored

Moving Slowly

Remember:

The best zone for learning is the **GREEN** zone.
But it is still okay to be in the other zones from time to time - there is no bad zone.

What zone are you in now?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control








The children have been building up strategies to help them move from one zone to the next.

The strategies build up in their toolbox.

_____ 's **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

	
Calm or Happy	
	
Frustrated or Silly	
	
Angry or Mad	
	



ZONES Tools Menu



Carry



Read



Jump



Listen to Music



Squishes



Walk



Bounce



Run



Push



Jumping Jacks



Shoulder Rub



Belly Breath



Tickle



Pull



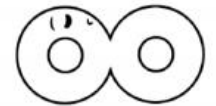
Swing



Inner Coach



Take a Break



Lazy 8 Breathing

Different strategies will work for different children and at different times - here are a few.

It is a great way of teaching our children
Both at school and home how to talk about and
make sense of their feelings. And ultimately,
regulate their own emotions more successfully.

If you would like to find out more about
the Zones of Regulation, try the website
of the women who developed it,
Leah Kupers:

<https://www.zonesofregulation.com>

The **ZONES** of Regulation®

