

# The ZONES of Regulation®





# What are The **ZONES** of Regulation®?

- The **ZONES** is a cognitive behavior approach used to teach self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best *state of alertness* of both the body and emotions for the specific situation.
- For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

# What are The **ZONES** of Regulation®?





- The **ZONES** are designed to help the students recognize when they are in different zones as well as learn how to use strategies to change or stay in the zone they are in.
- In addition to addressing self-regulation, the students have an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills.

# The ZONES of Regulation®

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



## The ZONES of Regulation®

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







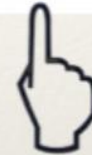
- Heightened state of alertness
- Intense emotions
- No control
- May feel:
  - Elated
  - Angry
  - Rage
  - Terror
  - Devastation

# Red Zone



## The ZONES of Regulation®

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



- Heightened state of alertness
- Intense anger, but some control
- May feel:





- Stress
- Anxiety
- Frustration
- Nervousness
- Excitement
- The Wiggles
- Silliness

# Yellow Zone

## Caution



## The ZONES of Regulation®

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



- Low state of alertness

- Low arousal

- May feel:

- Sad
- Sick
- Tired
- Bored

# Blue Zone

## Rest/Re-Energize



- Calm state of alertness
- Optimal learning occurs
- May feel:

- Happy
- Content
- Focused
- Calm body
- Ready to learn

# Green Zone

## Good to Go

The **ZONES** of Regulation®

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



# How are the **ZONES** useful?

- A critical aspect of the Zones is that the adults around the child know and understand The **ZONES** language.
- This creates a comfortable and supportive environment for the student to practice his or her self-regulation skills.

# How are the **ZONES** useful?

- You can support children at home by doing the following:
- Use the language and talk about the concepts of The **ZONES** as they apply to you in a variety of environments.
- Make comments aloud so the student understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”

# How are the ZONES useful?

- Help your child gain awareness of his or her zones and feelings by pointing out your observations.
- Talk about what zone is “expected” in the situation or how a zone may have been “unexpected.”
- Share with your child how his or her behaviour is affecting the zone you are in and how you feel.
- Help your child become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- Show interest in learning about your child’s triggers and Zones tools. Ask them if they want reminders to use these tools and how you should present these reminders.
- Make sure you frequently reinforce/praise for being in the expected zone rather than only pointing out when his or her zone is unexpected.





# There is no such thing as a bad **ZONE**.

- It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones.
- No-one can ever always be in the green zone.
- All of the zones are expected at one time or another.
- The Zones of Regulation is intended to be neutral and not communicate judgment.

# Other Tools and **ZONES** Visuals



# Other Tools and ZONES Visuals

| Blue Zone  | Green Zone   | Yellow Zone  | Red Zone   |
|--|--|--|--|
|  |  |  |  |