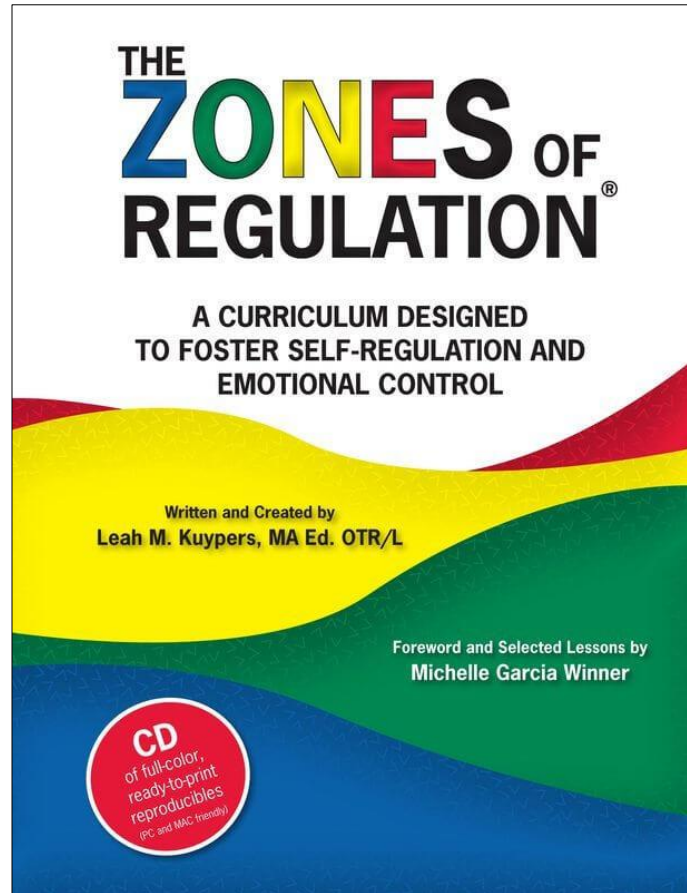
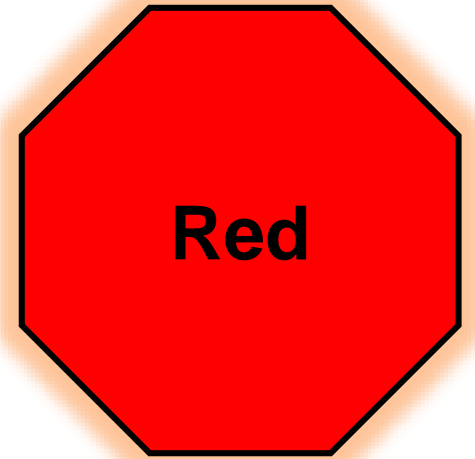
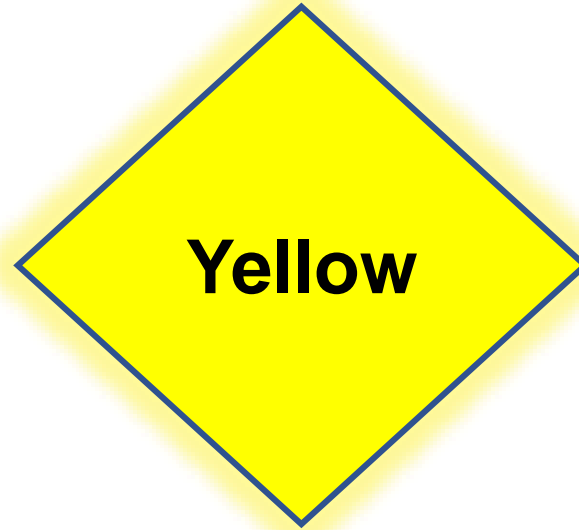
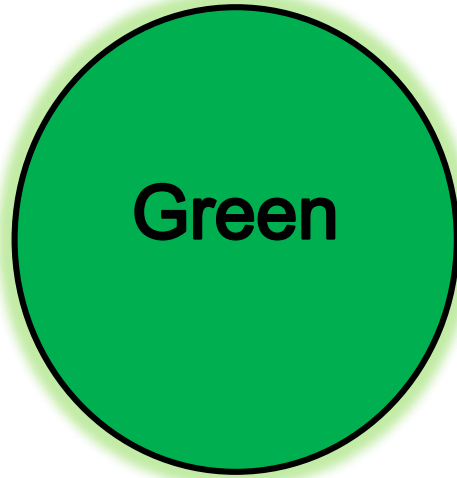
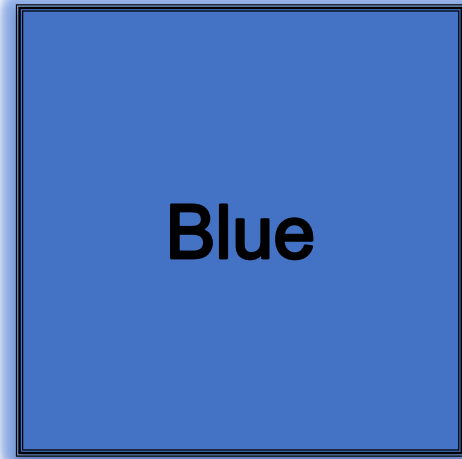


The ZONES of Regulation



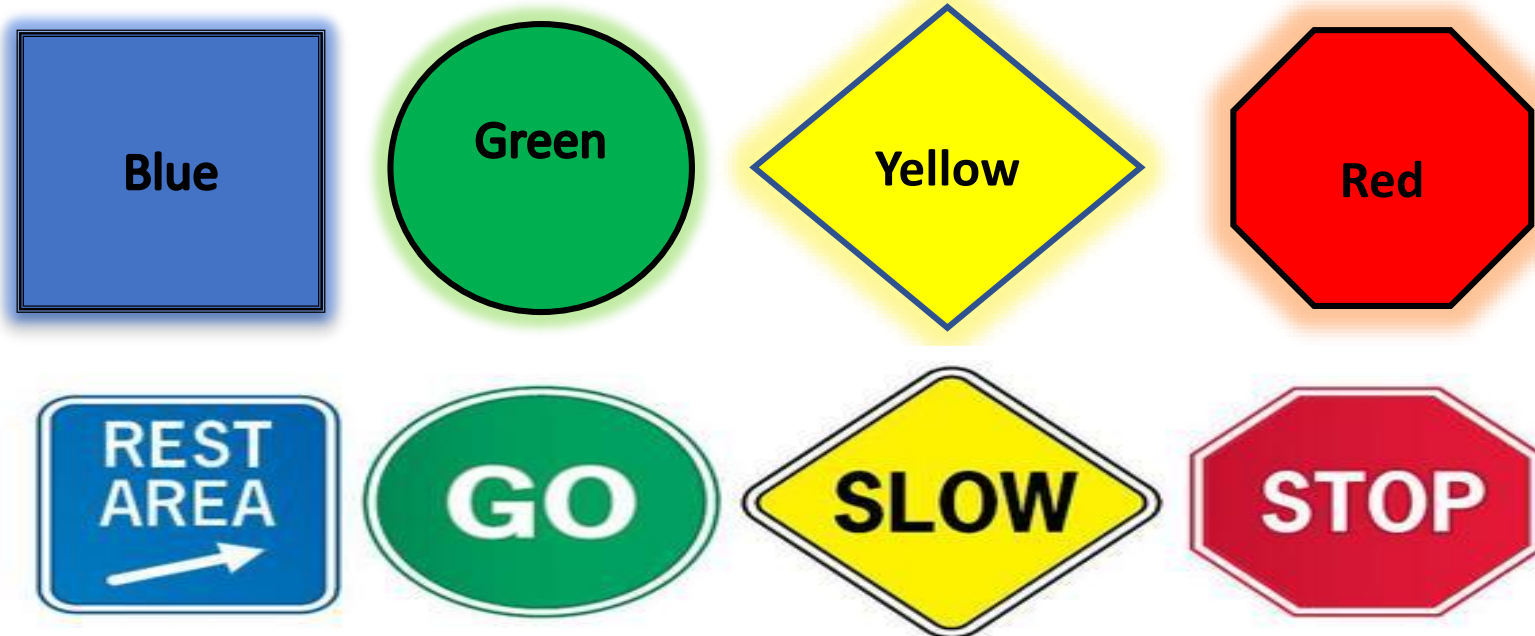
A cognitive behaviour approach to help children recognise the emotional state (zone) that they are currently experiencing and develop strategies to help them to self-regulate.

There are 4 ZONES



There are 4 ZONES

We teach children that, depending on the situation, it is ok to be in different zones. zones aren't inherently good or bad.



The Blue ZONE

Blue

REST
AREA



Tired



Bored



Sad



Sick

The Blue ZONE

The Blue Zone is used to describe low states of alertness and down feelings, such as sad, tired, sick, or bored.

This zone requires energy and alerting tools.

The Green ZONE

Green

GO



The Green ZONE

The **Green Zone** is used to describe a calm state of alertness such as happy, focused, content, or ready to learn.

This is the zone where optimal learning occurs.

The Yellow ZONE

Yellow

SLOW



Silly



Frustrated



Excited



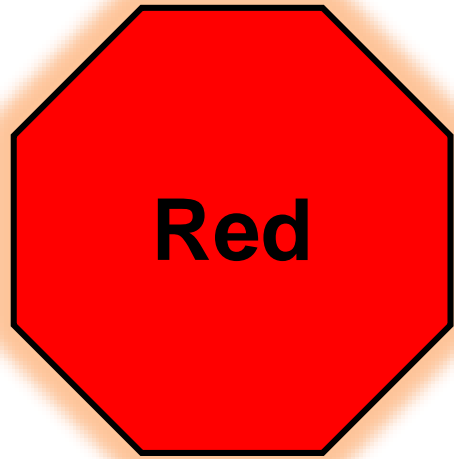
Worried

The Yellow ZONE

The Yellow Zone is used to describe a heightened state of alertness and elevated emotions such as stress, frustration, anxiety, excitement, silliness, or nervousness.

This zone might be expected at break time or trips. Calming tools will help to reduce energy levels.

The Red ZONE



Panicked



overjoyed/Elated



Terrified



Angry

The Red ZONE

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions such as anger, rage, explosive behaviour, devastation, or terror.

This is not *expected* in school. In this zone a person may feel out of control and needs to use tools to keep them safe.

The **ZONES** of Regulation

We ask children to recognise what is happening to their bodies when they are in each of the zones.

We ask children which tools / strategies they can use when they are in that zone.

ZONES	Blue	Green	Yellow	Red
How I feel inside...				
How I may look on the outside/how I may act...				
What causes me to be in this zone (including sensory needs)...				
What can I do to support myself in this zone..				
What can people do to support me when I am in this zone...				
What doesn't help me when I am in this zone...				