

ZONES of REGULATION

Developed by an occupational therapist, ([Leah Kuypers, M.A. Ed., OTR/L](#)) and underpinned by research based evidence, the Zones of Regulation is a school wide social and emotional learning program designed to foster self-regulation.



Students are taught to identify the emotions that they (or others) are feeling.

These feelings are matched to a 'zone' and the children have to think about whether their emotions are suitable at the time (current context). They think about their problem and determining if it is big or small (catastrophe scale).

Once they can identify and acknowledge their feelings, they learn how to bring themselves back to the green zone using a range of strategies (tools) such as deep breathing, going for a walk, taking a break or practising mindfulness.

The Zones of Regulation is not an approach to discipline. It is also not about dismissing some feelings or behaviours. It is about managing our feelings. There is no 'bad zone' and sometimes we can experience feelings from all zones at different times in different situations. We can even be in more than one zone at one time.

SELF-REGULATION

Self-regulation is the ability to adjust your feelings and behaviour to fit the situation that you are in and express yourself through socially appropriate behaviours. It includes developing skills in resilience (bouncing back), self-control, anger management, impulse control and sensory regulation.

The **ZONES** of Regulation®

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

ZONES of REGULATION

THE ZONES



Blue Zone

If you are in the blue zone, you would be if you are feeling tired, sad, bored, or in general you are feeling slow and are mostly feeling uncomfortable.

Green Zone

When you are in the green zone, you feel happy, pleased, proud, content, calm and ready to learn. This is the ideal zone for children to be in when in class, feeling comfortable.

Yellow Zone

When in the yellow zone, there is some loss of control; you may feel worried, scared or frustrated, behave in a silly way or be excited. In this zone you can be either comfortable or uncomfortable.

Red Zone

This is where there is a loss of control and can also be either comfortable or uncomfortable. You could be feeling rage, fury, elation or total fear.

VOCABULARY for the ZONES of REGULATION—terms you will hear.

Expected behaviours: behaviours that give those around you good or comfortable thoughts about you.

Unexpected behaviours: behaviours that give people uncomfortable thoughts about you.

Toolbox: a collection of calming and alerting strategies a child can draw upon (can be a literal toolbox or a collection of known strategies)

Tools: calming or alerting strategies that support self-regulation

Trigger: something that causes the child to become less regulated and increases the likelihood of going into the Yellow or Red Zones

Expected behaviours: behaviours that give those around you good or comfortable thoughts about you.

Unexpected behaviours: behaviours that give people uncomfortable thoughts about you.

Inner Critic: your negative, self-defeating thoughts

Inner Coach: your positive, helpful thoughts