

THE
ZONES OF
REGULATION™



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?

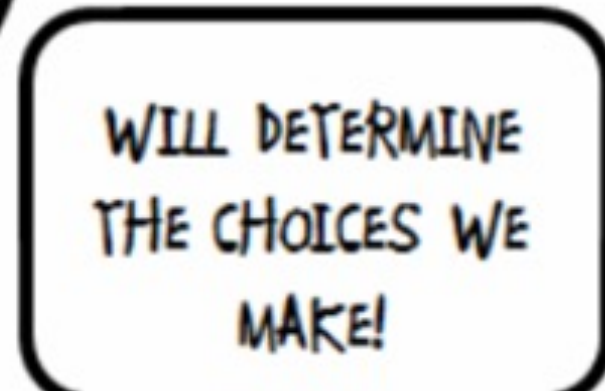


What do you do
when your body
feels hot?



This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

You can also regulate your thinking and your feelings too.



The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain and body feel?

The four zones are:

BLUE GREEN YELLOW RED



All zones are OK! All feelings are OK!

Use tools when
the zone feels
too soft or when
you're in the
ZONES ZONE
or the
control zone.



THE **ZONES** OF
REGULATION™

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE



All zones are OK! All feelings are OK!

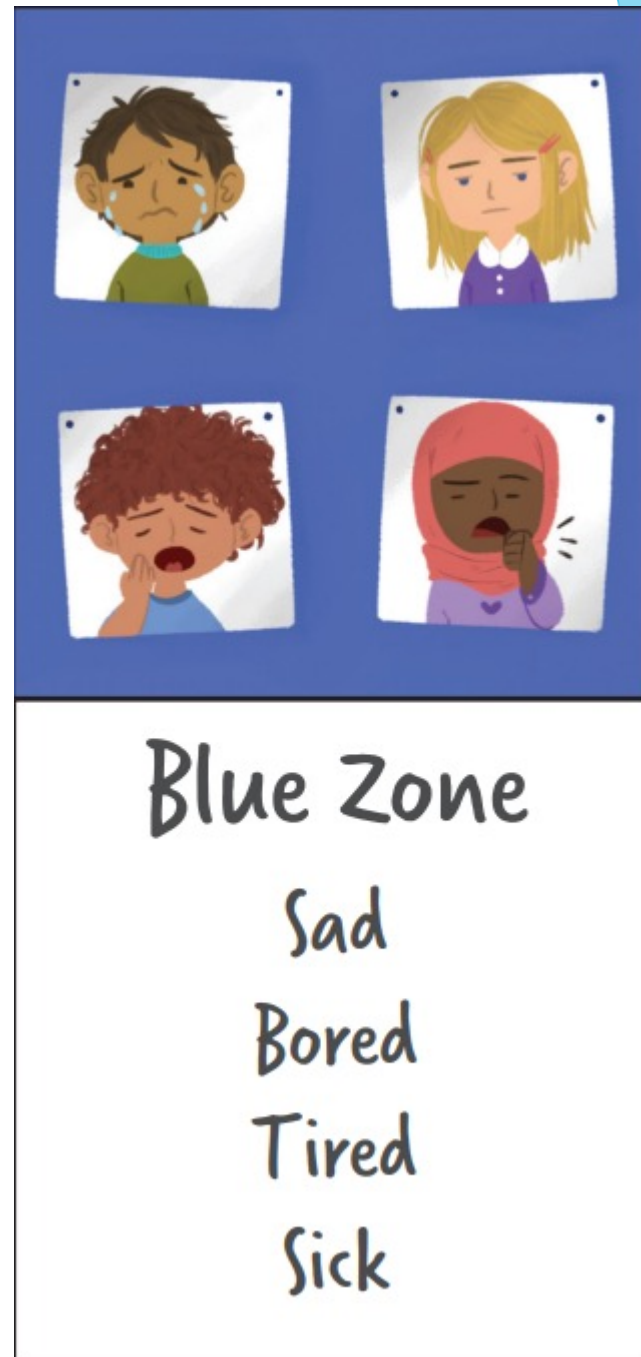
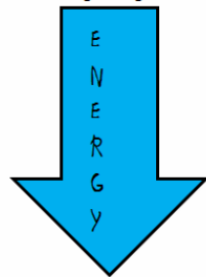
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is an unexpected zone to be in for learning.

How does my body feel?



Blue Zone

- Sad
- Bored
- Tired
- Sick



How does my brain feel?

REST
AREA



Tired

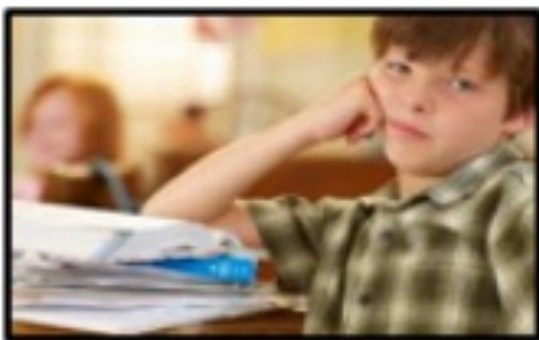


Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy





Bert feels sad

▶ <https://www.youtube.com/watch?v=ZgRN-AytScE>



The **green** zone.....the learning
zone!!

We are expected to be in the
Green Zone while we are
learning. It is when our brains
and bodies are relaxed and
focused!

How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!



Green Zone

Happy
Focused
Calm
Proud



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy



Focused

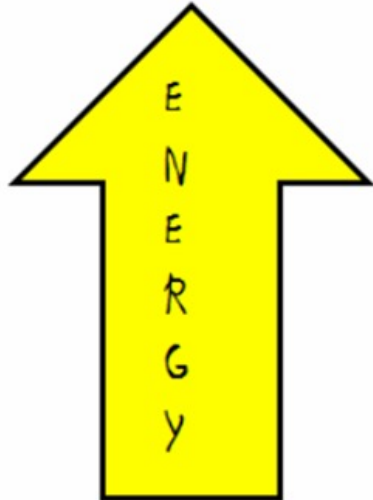
Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAx2J8>



The **Yellow** Zone.....during play time, lunch time and even at the end of the day, it's expected for us to be in the **YELLOW ZONE!!**

How does my body feel?



Yellow Zone

Worried
Frustrated
Silly
Excited



How does my brain feel?



YELLOW ZONE FEELINGS



Annoyed

Surprised

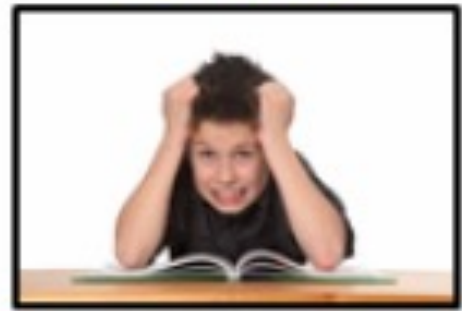


Silly



Excited

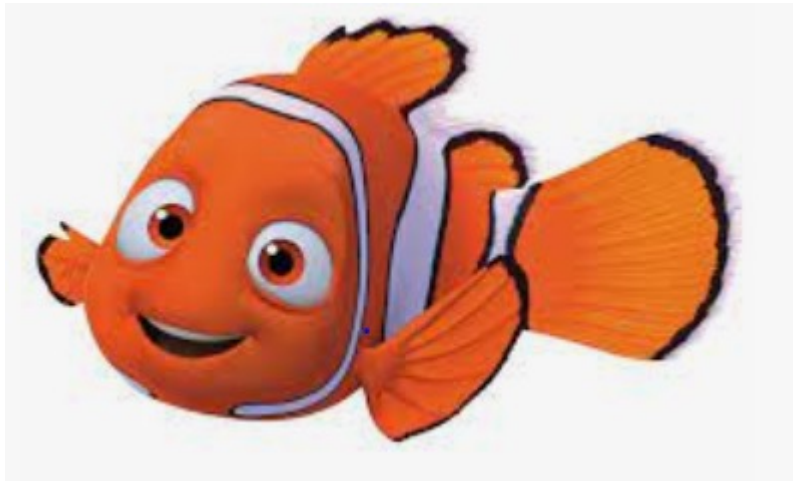
Frustrated



Competitive

Nemo in the yellow zone

[Finding Nemo: First Day of school - YouTube](#)



The **Red** Zone...when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!

How does my body feel?



Red Zone
overjoyed/Elated
Panicked
Angry
Terrified



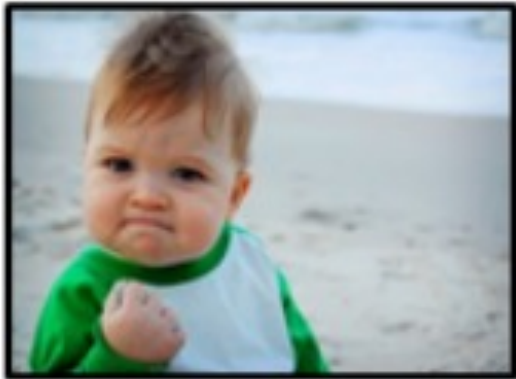
How does my brain feel?



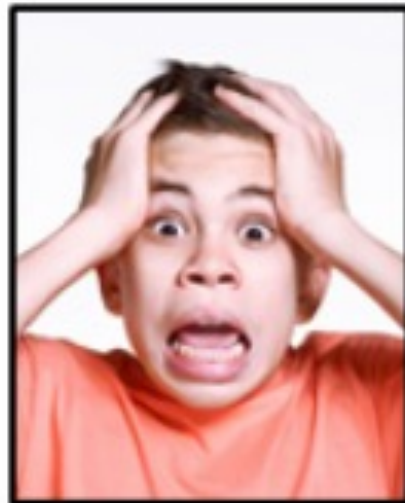
Terrified



RED ZONE FEELINGS



Aggressive



Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>





Blue Zone

Sad
Bored
Tired
Sick

Green Zone

Happy
Focused
Calm
Proud

Yellow Zone

Worried
Frustrated
Silly
Excited

Red Zone

overjoyed/Elated
Panicked
Angry
Terrified

THE
ZONES OF
REGULATION™

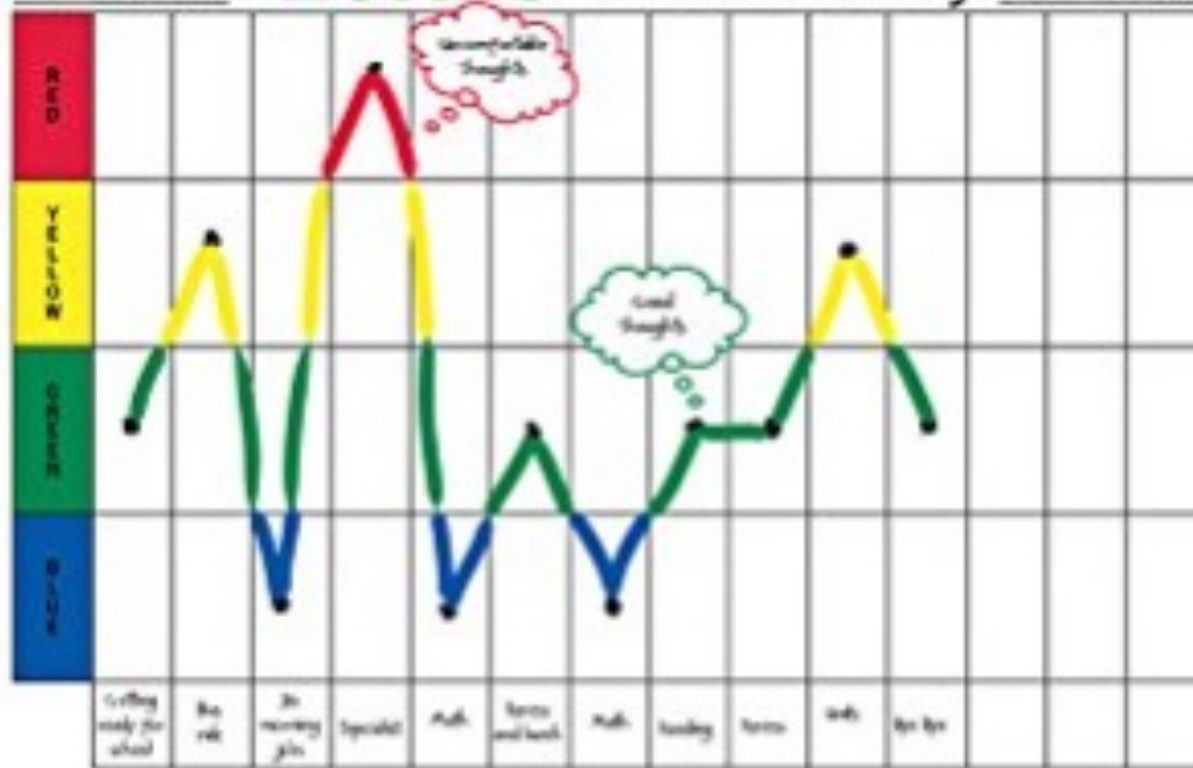


Okay, so we know the different zones
but
how do we move between them?



The ZONES of Regulation® Reproducible B

Jack's ZONES Across the Day: 5/25/2011



© 2011 Think Social Publishing, Inc. All rights reserved.
 From The Zones of Regulation® by Leah M. Kuppens • Available at www.socialthinking.com



Using Tools/Strategies!



What I Can Do:

- ★ Stretch
- ★ Go for a walk
- ★ Drink some water
- ★ Talk to someone you trust
- ★ Think happy thoughts

What I Can Do:

- ★ I'm feeling good
- ★ I can play and learn
- ★ I can help a friend
- ★ I can try new things
- ★ I can practice my calming strategies for when I need them most

What I Can Do:

- ★ Count to 20
- ★ Take deep breaths
- ★ Go to a safe space
- ★ Push or squeeze something
- ★ Draw, write, or talk about it

What I Can Do:

- ★ Walk Away
- ★ Stop what I'm doing
- ★ Be safe
- ★ Ask for a break
- ★ Get help



THE **ZONES** OF REGULATION™

BLUE ZONE

GREEN ZONE

YELLOW ZONE

RED ZONE

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
Stretch	Drink water	Deep breaths	Take a break

Copyright © 2011 South M. Rogers, Inc. All rights reserved. Published by SouthM.com



Any Questions?

Please feel free to have a look over the resources

