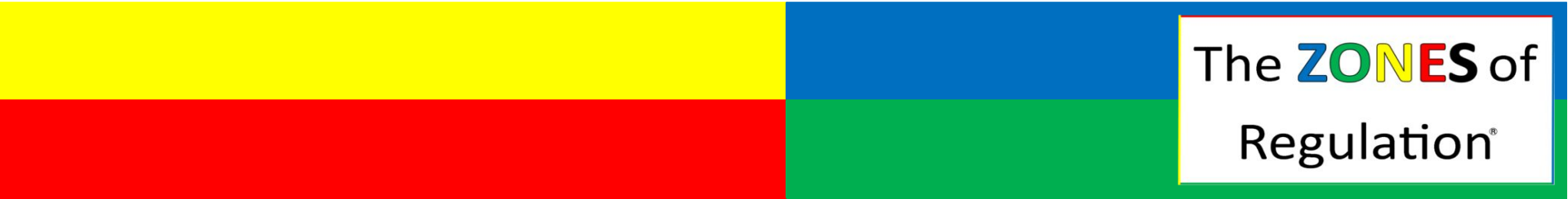


Zones of Regulation

Information for parents

The footer consists of a horizontal bar divided into four colored rectangular sections: yellow, blue, red, and green. On the right side, there is a white rectangular box with a thin black border containing the text 'The ZONES of Regulation®'. The word 'ZONES' is in a larger, bold font, with each letter in a different color: Z (blue), O (green), N (yellow), E (red), and S (black).

The **ZONES** of
Regulation®

Aims

- Overview of self-regulation
- Understanding what the 'The Zones of Regulation' is and how it works
- Self-regulation tools:
 - Calming techniques
 - Thinking strategies
 - Sensory supports
- Using the Zones of Regulation at home.

What is self regulation?

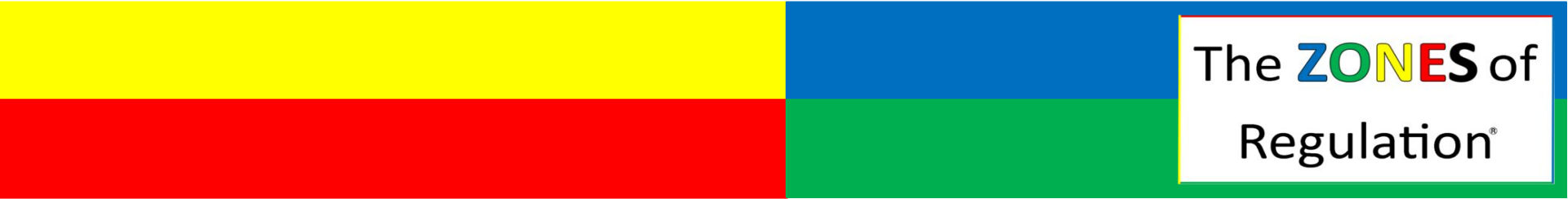
DEFINITION OF SELF-REGULATION:

“...it is defined as the capacity to manage one’s thoughts, feelings and actions in adaptive and flexible ways across a range of contexts.”

Jude Nicholas

It encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control



The **ZONES** of
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Isn't teaching self regulation just for children with Special Educational Needs or Disabilities?

- No!
- Within the revised EYFS framework (September 2021), self-regulation is now an Early Learning Goal, highlighting its importance throughout the key stages.
- Everyone experiences difficulties in regulation from time to time.

Why is self-regulation important?

- Children are not born with self-regulation skills.
- It matures through nurturing environments and relationships.
- Crucial that educators and parents support pupils with identifying their emotions and how to deal with them.
- Children who can self-regulate will turn into teens who can self-regulate.

WHAT ARE THE ZONES OF REGULATION®?

The **ZONES** of Regulation®



Figure 2: Wall Posters of the Zones

The **ZONES** of
Regulation®

WHAT ARE THE ZONES OF REGULATION®?

- The Zones is a programme designed by an OT (Leah Kuypers, 2011).

THE **ZONES** OF REGULATION® FRAMEWORK & CURRICULUM

What it **IS**

A proactive, skills based approach

A simple, common language to understand,
talk about and teach regulation

A consistent, metacognitive pathway to
follow for regulation

A systematic framework with developmental
sequence of lessons

Meant to be adapted for your learners and setting

What it **ISN'T**

A behavior approach

A discipline model, punitive in nature

A scripted curriculum with different lessons
for each age/grade level

Only about teaching the 4 Zones and feelings
associated with them

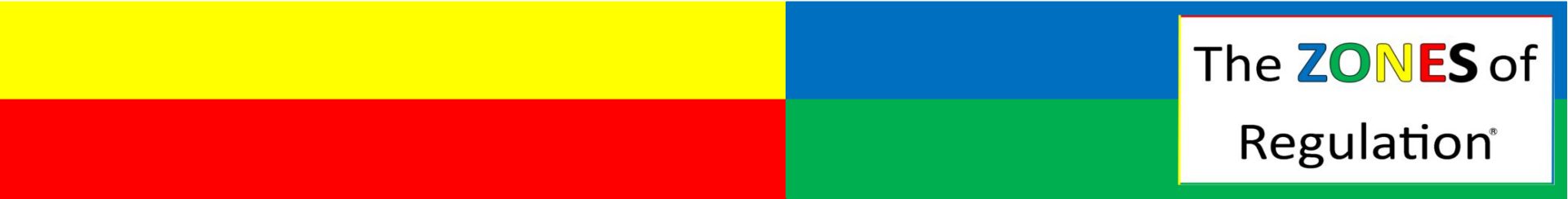
A "one size fits all" framework

The **ZONES** of
Regulation®

WHAT ARE THE ZONES OF REGULATION®?

Teaches children:

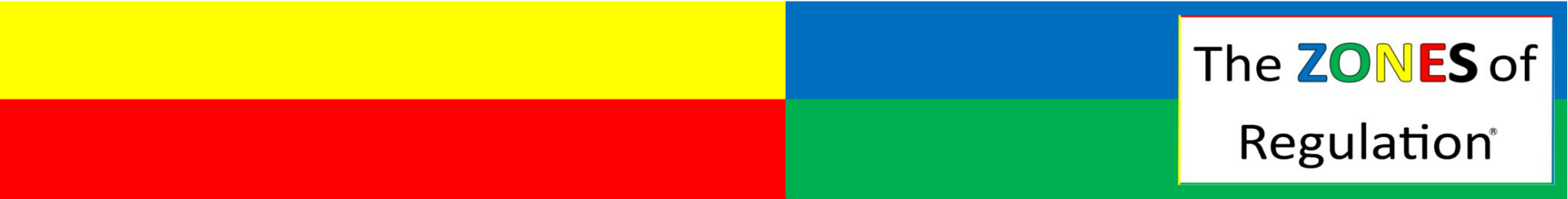
- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills



The **ZONES** of
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WHY TEACH THE ZONES OF REGULATION?

- It provides a common language to discuss emotions – a language that is non-judgemental.
- The Zones of Regulation is simple for children to understand and helpful for all!
- The Zones teach healthy coping and regulation strategies.



The **ZONES** of
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WHAT ARE THE ZONES OF REGULATION®?

THE COLOURS

Blue Zone



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Regulation®

WHAT ARE THE ZONES OF REGULATION®?

Green Zone



The **ZONES** of
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WHAT ARE THE ZONES OF REGULATION®?

Yellow Zone

Loss of some control



Frustrated

Excited

Silly

WORRIED

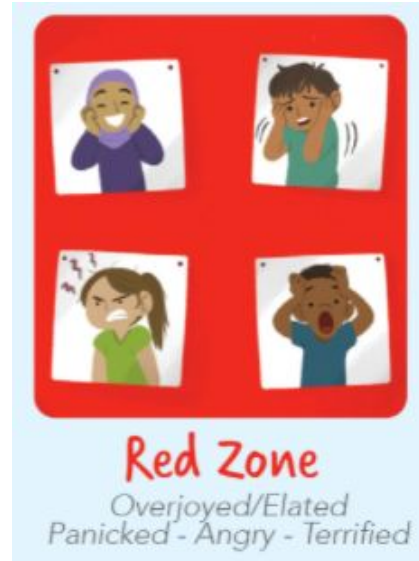
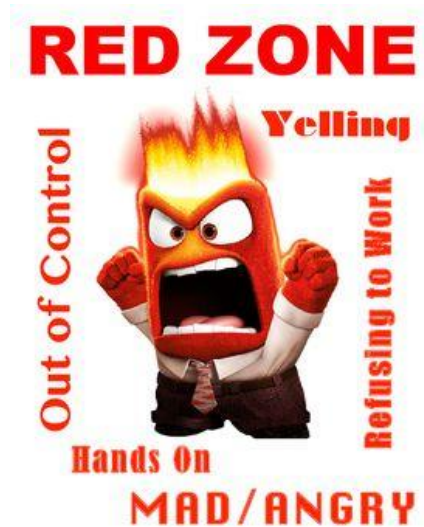


Yellow Zone

Worried - Frustrated
Silly - Excited

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WHAT ARE THE ZONES OF REGULATION®?



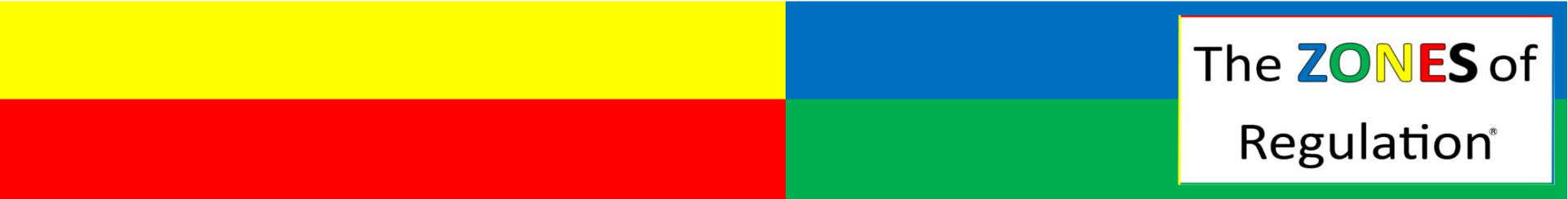
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No Good or Bad Zones

- Everyone experiences the zones at one time or another.
- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours.

"It's OK to be angry but it is not OK to hit..."

- You can be in more than one Zone at a time (eg. sad AND angry).



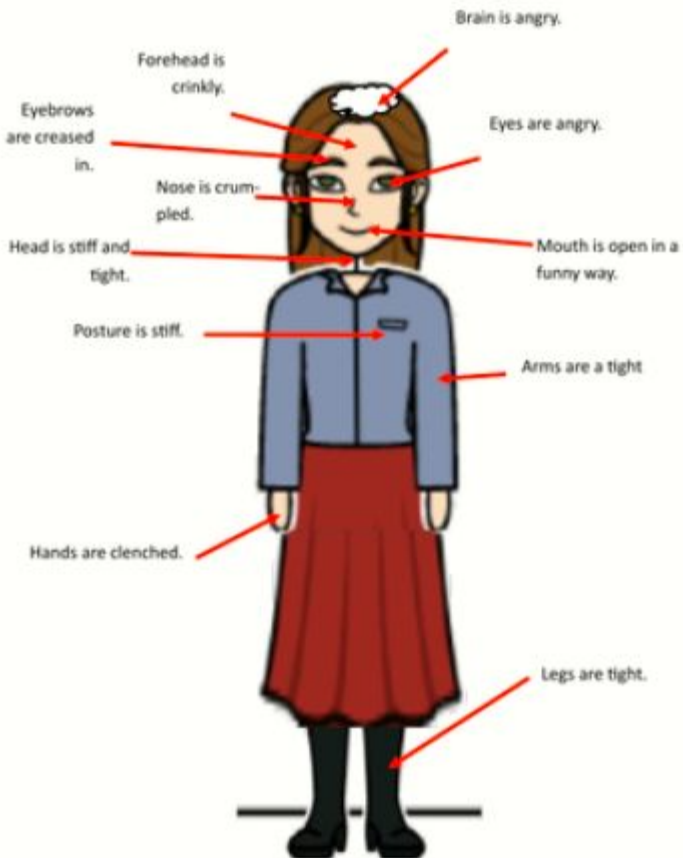
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After children can identify the four Zones and the associated emotions, we move onto body sensations in each Zone.

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Red Zone (angry)



For each zone, talk about how the particular part of the body looks when the child is in that zone.

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ZONES TRIGGERS

Triggers are things (or thoughts) that move you out of the Green Zone.

If I get a "0"

Bullies

people
yelling

HUGE
event

You didn't get everything you want

Boredom

When I fail a test
class works

People making for
of something you
didn't do

Confusion

people
living

People
Keep
Bullying

too much
work to
do.

Schedule Change

of your triggers, you can learn to use tools and strategies to control them!

People stealing

THE ZONES
OF REGULATION™

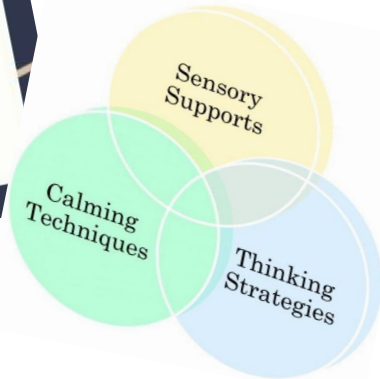
THE ZONES OF REGULATION
A PRACTICAL GUIDE
FOR THE 21ST CENTURY
LEADERSHIP

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Pin The Zones of Regulation®
by Leah M. Kappeler. Available
at www.socialthinking.com

Social
ThinkingGrr.com

The ZONES of Regulation®

Zones of Regulation Toolbox



In school, once children have learned to name and recognise their own emotions linked to Zones of Regulation, children will experiment with different “toolboxes” to help them to regulate their emotions.

Types of tools

- Blue Zone tools: help wake up our bodies, feel better and regain focus.
- Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.
- Yellow Zone tools: help us regain control and calm ourselves.
- Red Zone tools: help us stay safe and start to calm down.

Toolbox 1 – Thinking strategies



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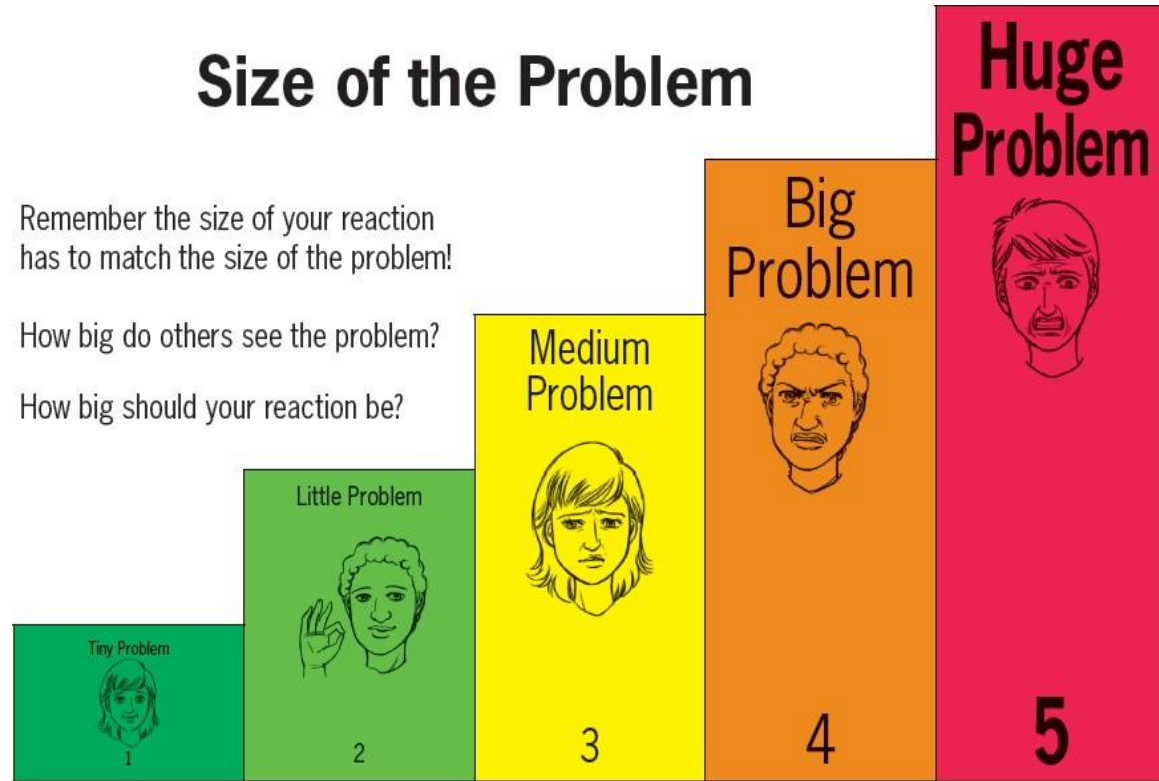
Toolbox 1 – Thinking strategies

Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

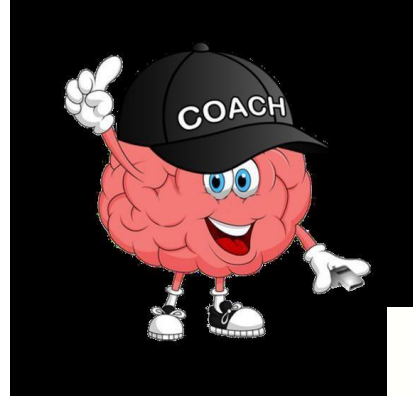
How big should your reaction be?



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Inner Coach Vs Inner Critic

- My inner coach uses positive talk.
- My Inner critic uses negative talk



The **ZONES** of
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Inner Coach Vs Inner Critic

INNER CRITIC



I am not good enough.

I'm bad at this.

I can't do it.

I don't fit in.

No one cares.

I am behind.

This is awful.

No one likes me.

INNER COACH



I matter, and I am enough.

Mistakes help me learn.

I will try my best.

I am unique and awesome.

It's okay to ask for help.

I am exactly where I need to be.

I will get through this.

I choose how I feel about myself.

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Toolbox 2 - CALMING STRATEGIES



The **ZONES** of
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Toolbox 2 - CALMING STRATEGIES

Relaxation and Breathing



Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away. Are you feeling relaxed and ready to learn?

The **ZONES** of
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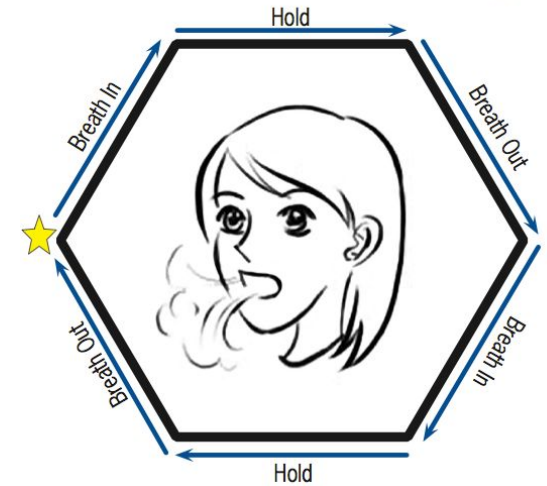
Toolbox 2 - CALMING STRATEGIES

Relaxation and Breathing

- straw blow 'football'
(scrunched up paper)



The Six Sides of **Breathing**



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Toolbox 2 - CALMING STRATEGIES

Counting

Forward and backward

Count objects

Count colours

Count breaths

Count pulse



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Toolbox 2 – CALMING ACTIVITIES

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Colour
- Play-Doh/clay
- Read
- Stack Rocks



Toolbox 3 – SENSORY STRATEGIES



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Toolbox 3 – **SENSORY STRATEGIES**

- Bear Hug
- Go for a walk/run
- Wall push ups
- Sucking smoothie through straw
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline

Which sensory supports do you use in your daily life?

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Toolbox 3 – SENSORY TOOLS

Could you have a sensory box at home for your child?

What would you have in this box?

Calming box



Sometimes it is important that we have some time to ourselves to feel calm. Create your own calming down box which you can use to help relax you. Here some ideas of things to add to your calming box.

- Relaxation activities (within this booklet Pg. 8/9)
- Playdough
- Rainbow Pom-Poms
- Cotton Balls
- Shredded Paper
- Squashy balls
- Light up balls
- Instruments
- colouring book
- A variety of fabrics

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EXAMPLES OF A TOOLKIT



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Key Point to remember....

1. If your child is confidently using words to describe their emotions, you don't need to use the colour codes all the time.

2. If your child is in the Red Zone...

- Limit communication – this is not a teachable moment.
- Discuss use of tools when child is regulated.
- Plan for if/when child is in Red Zone. “Wonder if this strategy would help...?”

HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?



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HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

Make a Zones check –in at home.

1. Decide what you want your check in to look like.
(Lego, coloured paper, emojis, characters)
2. Gather materials and make it together.
3. Draw a way to represent each person in the family.
(names on post its, magnets, clothes pegs or paperclips)
4. Display it where the family spends most time.
5. Start checking-in! Try and do it everyday.

Supplementary Reproducible 1 for Elementary Ages

ZONES of REGULATION

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

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HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

Identify your own feelings using Zones language (e.g. “I’m frustrated, I am in the yellow zone”)

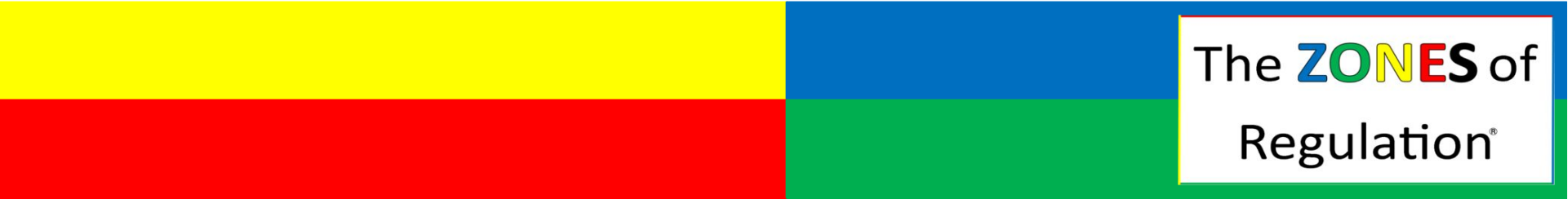
Provide positive reinforcement when your child is in the Green Zone, e.g. “I can see you are working really hard to stay in the Green Zone by...”

Talk about what tool you will use to be in the appropriate Zone(e.g. “I’m going to go for a walk, I need to get to the green zone”)

HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

Label what zones your child is in throughout the day (e.g. “You look sleepy, are you in the blue zone?”)

Teach your child which Zones tools they can use (e.g. “It’s time for bed, let’s read a book together in the rocking chair to get to the blue zone.”)

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HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

Zones® Twister - When you have to put a hand on a colour, you have to tell a time you were in that colour zone. When it's a foot, you have to name a strategy you would use to stay in or get back into the green zone.



Zones® M&M Game – Adults eat the orange and brown M and Ms first!

Adult pulls out an M and M from the bag. Can they name a time when they were in that zone, or a strategy they can use to stay or get into the green zone. They can then eat the M and M!

Zones® Uno - Add a twist to the card game Uno. Whenever anyone changes a colour they have to talk about a time they were in that colour zone (or, as above, name a feeling in that zone or a strategy for dealing with that zone).



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HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

“Feelings Charades”

Take turns choosing emotions from a stack of cards or papers and act it out using only face and body clues. Guess each other’s emotion, discuss which zone it’s in and why. (Added challenge: Name a tool you could use when feeling that emotion).

“Name that feeling”

- People watch and guess the feelings/zones of others.
- Name the feelings of characters while watching a movie (and point out any strategies they use).

HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

Make your own toolkit...



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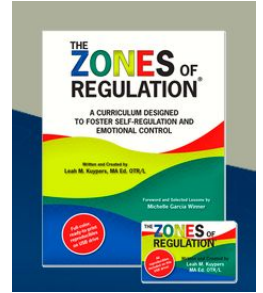
HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

MORE INFORMATION ON THE ZONES

Zones of Regulation Website

Zones of Regulation Book and CD on Amazon.co.uk

Don't forget about Pinterest!



<https://www.zonesofregulation.com/>

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