

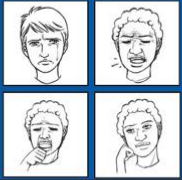



Zones of Regulation

In school your children are learning to self-regulate using 'The Zones of Regulation.' This may be useful to use as a strategy to support your children at home.

What is self-regulation?





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

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 Terrified Yelling/Hitting Elated Out of Control

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From The Zones of Regulation® by Leah M. Kuypers • Available at www.socialthinking.com

The Zones of regulation are split into four colours: blue, green, yellow and red. These zones represent different emotions.

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
<ul style="list-style-type: none"> • Tired • Bored • Sad • Sick • Slow moving 	<ul style="list-style-type: none"> • Calm • Happy • Focused • Ready to learn • Feeling good 	<ul style="list-style-type: none"> • Worried • Frustrated • Excited • Silly • Wiggly 	<ul style="list-style-type: none"> • Excited • Mad/angry • Shouting • Scared • hitting • Out of control

Why use the zones of regulation at home?

- It supports the use of a consistent shared language to discuss emotions together.
- They are simple for children to understand.
- It supports children to label emotions and identify how they are feeling.
- It helps children to understand that there are no bad emotions.
- Children learn healthy coping and regulation strategies which allow them to, eventually help themselves when they lose control of their emotions, become stressed, anxious or sad.
- Typically, children who can self-regulate will turn into teens and young adults who can self-regulate.
- Understanding the emotions of others helps with empathy and friendship skills

What Can I do as a Parent?

Talk to your child about:

How they are feeling, help them to label and name their emotion. Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated, I am in the yellow zone”)

Talk about their body cues when they feel that emotion. What are the physical feelings behind the emotion (e.g feeling butterflies in our tummy when we feel nervous or worried.) Recognising emotions is the first step to regulating them.

Here are some examples from the four zones:

Blue- I can see and hear that you are crying, your mouth is turned down, are you feeling sad?

Green- I can see your big smile and hear your laughter, are you feeling happy?

Yellow- You have become very quiet, and I can see that you are reluctant to speak, are you feeling worried?

Red- I can hear that you are breathing heavily, and I can see that your eyebrows have bunched together, are you feeling angry?

Discuss why they are feeling a certain way, has anything happened?

Talk about times when you, a family member or a character from a film or book felt that way.

The Tool Box



We can use strategies, or TOOLS to help us get to the GREEN zone. Lets explore some tools we can use if we are in the YELLOW zone or the RED zone

We encourage children to think of the strategies that they use to support them when they are in a zone as their 'tools.'

Deep breathing is one of the many beneficial strategies to teach your child- Your child can learn to change short, shallow breaths that can cause hyperventilation to deep, long breaths that help create a feeling of internal calmness. Short, shallow breaths tend to make feelings of anxiety and anger worse, hence calm breathing can give your child a sense of control and relief.

Here are some more strategies you might like to try:

- 1 Think of something that makes you laugh
- 2 Squeeze a stress ball or pillow as hard as you can
- 3 Go for a walk
- 4 Slowly count backward from 10
- 5 Swing on a swing
- 6 Draw a picture of something that makes you happy
- 7 Do a doodle.
- 8 Write a letter or send an email
- 9 Listen to music
- 10 Play with play-doh
- 11 Talk to a grown-up

- 12 Talk to a friend
- 13 Use positive affirmations
- 14 Make a list of things that you love
- 15 Close your eyes and think about your favourite place
- 16 Read a book
- 17 Rip up paper
- 18 Dance
- 19 Do some yoga
- 20 Ask for a hug
- 21 Hug your favourite stuffed animal
- 22 Watch funny videos
- 23 Build with Lego
- 24 Do 10 jumping jacks
- 25 Spend time with a pet
- 26 Look through a photo album
- 27 Use a fidget toy
- 28 Go outside
- 29 Get some sleep
- 30 Have a healthy snack