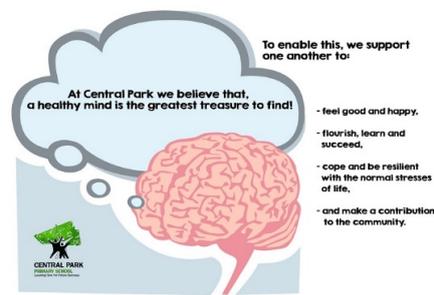


Central Park Primary School



Zones of Regulation

Resources and information for parents

The Zones of Regulation are all about helping your child with his / her self-regulation.

What is Self-Regulation?

Self-regulation is the ability to manage disruptive emotions and impulses, and to think before you react.

The Zones

			
Blue Zone	Green Zone	Yellow Zone	Red Zone

- **Blue Zone:** low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.
- **Green Zone:** calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.
- **Yellow Zone:** heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

- **Red Zone:** heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

What Zone are you in?

- Blue Zone – your body is running slow, when you're tired, sick, sad or bored.
- Green Zone – when you feel “good to go”. Your body may feel happy, calm or focused.
- Yellow Zone – when you start to lose control, when you feel frustrated, anxious, worried, silly or surprised. Be careful when you are in this zone.
- Red Zone – when you experience extreme emotions. When you are in this zone, you are out of control, you have trouble making good decisions, and you need to STOP!

The main idea of the Zones is that the children are able to learn to tell you which zone they are in and are able to choose a tool to help them Get Back to Green.

Language

Daily Zones check in – how are we feeling now? If anyone is not in the green zone discuss how they think they can get back to green.

Useful phrase ‘How can we get back to green?’

Modelling

It is important to remember to show the children how you use tools to get back to the green zones. You might say I am going to make myself a cup of tea and do some breathing exercises because

I am in the blue zone and afterwards tell your children how using those tools helped you get back to the green zone.

Keep calm

It is very important to use a calm tone of voice and talk slowly. Try not to tell children off about being in the red zone. We all get angry, the main thing to focus on is helping children think about how they can get back to the green zone. When they are in the green zone then you might want to talk to them about a consequence for some behaviour that happened while your child was in the red zone.

Tool kits

Give children a choice of two tools, using pictures, at first and then over time they will build their confidence and be able to create their own toolkit.

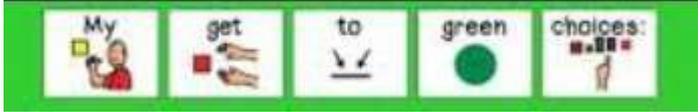
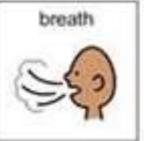
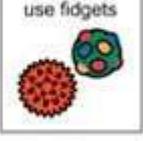
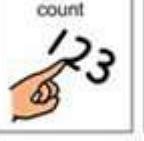
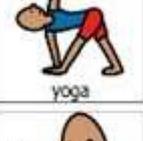
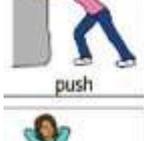
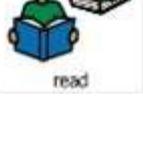
Zones of Regulation



What are the Zones of regulation? The zones of regulation is a list of categorized feelings/emotions that help people teach themselves or others about different behaviours. With four coloured zones with each with its on category you can now keep track of your own feelings or others feelings. It helps teach people how to independently control their feelings/emotions and help them solve any problems they may have.

ZONES	Blue	Green	Yellow	Red
How do I feel when I am in this zone?	Sad, Tired, Bored, Not Motivated, Not ready to learn.	Happy, ready to learn, joyful energized,	Anxious, worried, frustrated,	Mean, Angry, Mad, Unhappy, Aggressive
How do I act when I am in this zone?	You act very slow and aren't aware of what you may be doing.	You are ready to learn and very energized to come to school.	You are feeling worried and something is hugging you.	Something has happened and you feel very mad and aggressive.
What can I do to support myself in this zone?	You can talk to your friends and maybe they can cheer you up.	You can keep having a positive mindset.	You need to try to worry or go talk to someone about it to get it off your chest.	You might just need to walk around or get a drink.

Toolkit ideas

				
 Take a break	 take deep breaths	 breath	 walk	 trampoline
 talk to adult	 use fidgets	 tense and release	 count	 swing
 wall push up	 break in bean bag	 get a drink	 deliver message	 roll
 stretch	 jump	 drink water		
 run	 yoga	 Listen to music		
 push	 take deep breath	 hug		
 take a break	 read	 my idea		

Get a drink 	Palm tickle 	Good listening 	Follow directions 	Tense & relax your muscles 	Wall push ups 	Breathe deeply 	
Ask for help 		Do my work 	Write - draw - read 	Think of something happy 	Ask for help 	Punch a pillow 	Talk to your self 
Wall push ups 	Look at books 	Listen to music 		Use a fidget 	Palm presses 	Get a drink 	Walk away 

Tools for Regulation

- think happy thoughts
- rub hands together
- run on the spot
- shoulder rub / massage
- hug a toy
- swinging or spinning
- stretching or star jumps
- drink water
- eat crunchy foods
- listening to music

For the Green Zone – maintaining:

- remember your successes
- think happy thoughts / think of a happy place / a friend
- be a good friend
- help others
- smile

For the Yellow Zone – decrease arousal:

- talk to my parents/friends
- take 3 deep breaths
- do a wall push up
- use a fidget
- go for a walk
- take a break
- read
- deep pressure
- slow movement
- heavy work to muscles
- soft lighting
- listen to music
- chewy foods

For the Red Zones – decrease arousal:

- deep breaths
- jump on a trampoline
- relax your muscles
- sensory break
- push the wall
- walk away
- STOP!
- deep pressure
- soft lighting
- listen to music
- chewy foods

Common Questions on the Zones of Regulation

Can my child be in more than one zone at the same time?

Yes. Your child may feel tired (blue zone) because she did not get enough sleep, and anxious (yellow zone) because she is worried about an activity or contest at school. Listing more than one zone reflects a good sense of personal feelings and alertness levels.

Should children be penalised for being in the RED zone?

It's best for children to experience the natural consequences of being in the RED zone. If a child's actions/choices hurt someone or destroys property, he needs to repair the relationship and take responsibility for the mess they create. Once the child has calmed down, use the experience as a learning opportunity to process what the child would do differently next time.

Can you look like one zone on the outside and feel like you are in another zone on the inside?

Yes. Many of us "disguise" our zone to match social expectations. We use the expression "put on a happy face" or mask the emotion so other people will have good thoughts about us. Parents often say that their children "lose it" and goes into the RED zone as soon as they get home. This is because children are increasing their awareness of their peers and expectations. They make every effort to keep it together at school to stay in the GREEN zone. Home is when they feel safe to let it all out.

Tips for Practicing the Zones of Regulation

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language you use at home.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.

Make a Coping Skills Box

A coping skills box is a place to keep things that help to calm you down in periods of distress. Having everything gathered in one place helps you remember to use your coping skills rather than using negative behaviours.

What to put in it?

1. Self-Soothing Objects that help to calm you through your five senses:

- Something to touch – e.g. **stuffed animal, stress ball**

- Something to hear – e.g. music, **meditation guide**
 - Something to see – e.g. **snowglobe**, happy pictures
 - Something to taste – e.g. **mints**, tea, **sour candy**
 - Something to smell – e.g. lotion, **candles**, **perfume**
2. Distractions to take your mind off the problem for a while, e.g. **puzzles**, books, **artwork**, **crafts**, knitting, **crocheting**, **sewing**, **crossword puzzles**, **sudoku**, positive websites, music, movies, etc.
3. Opposite action – do something that is opposite to your impulse that is consistent with a more positive emotion:
- affirmations and inspiration – e.g. looking at drawings or motivational statements
 - something funny or cheering – e.g. funny movies, books
4. Emotional Awareness – tools for identifying and expressing your feelings, e.g. a chart of emotions, a journal, writing supplies, art supplies.
5. **Mindfulness** – **tools for helping keep yourself in the present moment**, e.g. meditation or relaxation recordings, grounding objects (rock, paperweight), yoga mat, breathing exercises.

Information about Zones of Regulation

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

Zones of Regulation glossary

https://www.zonesofregulation.com/uploads/3/4/1/7/34178767/reproducible_b_1_1.pdf