

# Zones of Regulation



# Zones of Regulation



1. Familiarise ourselves with the zones
2. How do we familiarise our children?
3. How will it help our children?
4. Now what?

# 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.



WILL DETERMINE  
THE CHOICES WE  
MAKE!

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!

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





How does my body  
feel?

My energy level is  
'low'

I might feel sad,  
tired, shy, sick

This is a 'rest' zone

## The Blue Zone

We are expected to be in the **Blue** Zone just before bedtime or when we are watching the TV. We are running slow! We might be tired, or we might be in the blue zone when something sad has happened. This is an unexpected zone at other times.



# How does my brain feel?



Tired



Hurt



Sad

# BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy





How does my body feel?

My energy level is 'just right'

I am calm, focussed and ready to learn and do

This is a 'go' zone

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

We are expected to be in the **Green** Zone while we are learning and hopefully, most of the time. It is when our brains and bodies are relaxed and focused!

How does my brain feel?

GO



Calm



Learning

# GREEN ZONE FEELINGS



Ready to Learn

Happy



Focused



How does my body feel?

My energy level is raised

I might be excited or overwhelmed or anxious, annoyed, embarrassed

This is a 'slow' zone

### The Yellow Zone

During play time, lunch time, at the park, at birthday parties and visiting new places it's expected for us to be in the **YELLOW ZONE!!**

How does my brain feel?

Slow Down  
And Breathe!

# YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive



How does my body feel?

My energy level is out of control

I might be angry, devastated, panicked, terrified

This is a 'stop' zone

### The Red Zone

We ALL feel in the **Red Zone** sometimes, but it is important that we understand how to cope with these feelings, just like in the other zones! We must keep ourselves and others safe!

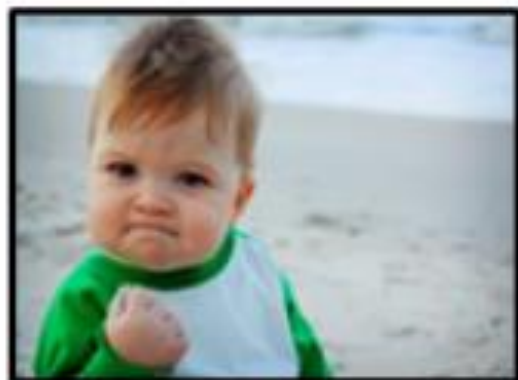
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

# So now what?

We started by introducing the children to the zones and helping them become familiar with them in September 2024.

Sometimes, children found it easier to identify a zone rather than a specific emotion, especially in the throes of the moment and that is ok – the zones are a shared language through which we can express ourselves and seek help.

We now use this language regularly throughout the school to support all age groups.





# What zone?

Firstly, the children needed to develop an understanding of which zone they were in to enable them to talk about it.

angry      frustrated      scared

worried      overwhelmed      tired

sad      excited      calm      happy



# How can it help?

After the children explored the zones, they needed to learn how the zones would help them.

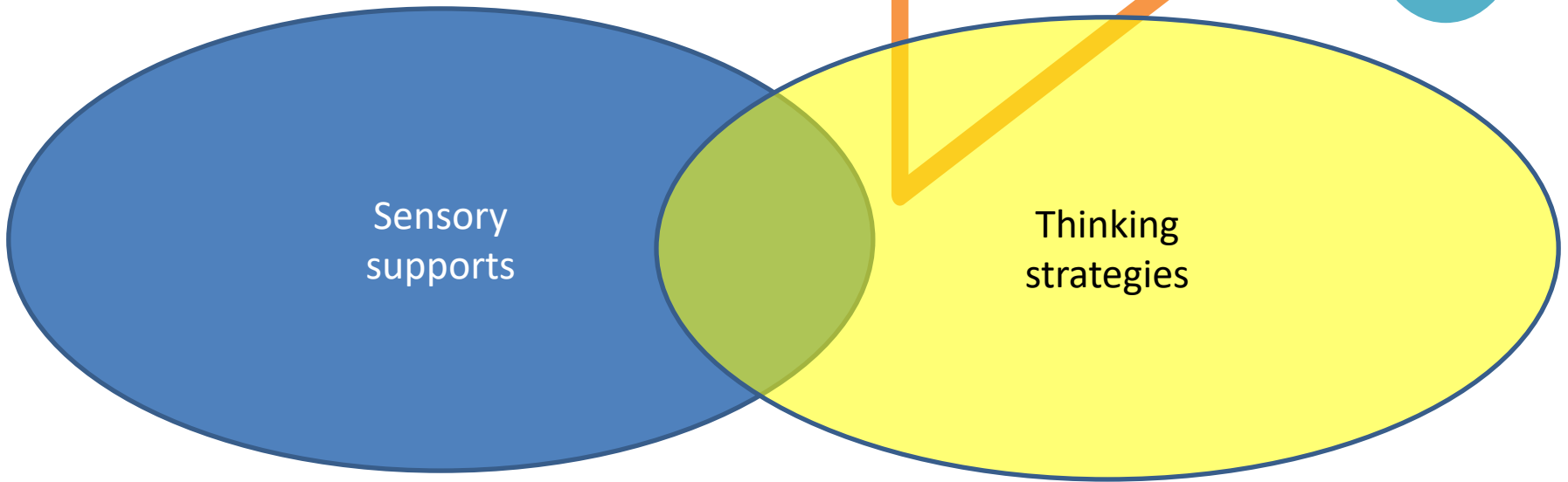
This is where we introduced the toolkit for each zone.

Each zone requires different strategies to help us cope



# The right kind of support





Sensory supports	Calming techniques	Thinking strategies
<p>Playdough is great! Pop its, soft toys and squeezable toys are also great tools. Fidget toys work brilliantly.</p>	<p>6 Sides of Breathing Lazy 8 Breathing Count to Ten 10 candles</p>	<p>Big vs little problem Inner coach vs inner critic Scale of my problem</p>



Talk to someone

Take deep breaths

Wall push ups

Count to 20

Close my eyes

Stretch

# HOW CAN YOU HELP YOURSELF?

Squeeze something

Stop what I am doing

Make sensible choices

Find a safe space

Take a walk

**The BLUE Zone**




HOW MIGHT YOU FEEL?

SAD  
TIRED  
BORED  
MOVING SLOWLY

WHAT MIGHT HELP YOU?

Take a brain break

**The GREEN Zone**




HOW MIGHT YOU FEEL?

HAPPY  
OKAY  
FOCUSSED  
READY TO LEARN

WHAT MIGHT HELP YOU?

THIS IS THE GOAL!  
WHAT CAN YOU DO TO GET TO THE GREEN ZONE?  
HOW CAN YOU BE HAPPY, CLAM AND READY TO LEARN?

**The YELLOW Zone**




HOW MIGHT YOU FEEL?

NERVOUS  
CONCERNED  
SILLY  
NOT READY TO LEARN

WHAT MIGHT HELP YOU?

Stand

**The RED Zone**



HOW MIGHT YOU FEEL?

ANGRY  
FRUSTRATED  
SCARED  
OUT OF CONTROL

WHAT MIGHT HELP YOU?

Draw a picture


Take deep breaths

Ask for help



# HOW CAN YOU HELP YOURSELF?

The BLUE Zone




HOW MIGHT YOU FEEL?

SAD  
TIRED  
BORED  
MOVING SLOWLY

WHAT MIGHT HELP YOU?

TALK TO SOMEONE  
STRETCH  
TAKE A BRAIN BREAK  
STAND  
TAKE A WALK  
CLOSE MY EYES

The GREEN Zone




HOW MIGHT YOU FEEL?

HAPPY  
OKAY  
FOCUSSED  
READY TO LEARN

WHAT MIGHT HELP YOU?

THIS IS THE GOAL!  
WHAT CAN YOU DO TO  
GET TO THE GREEN  
ZONE?  
HOW CAN YOU BE  
HAPPY, CLAM AND  
READY TO LEARN?

The YELLOW Zone




HOW MIGHT YOU FEEL?

NERVOUS  
CONCERNED  
SILLY  
NOT READY TO LEARN

WHAT MIGHT HELP YOU?

TALK TO SOMEONE  
COUNT TO 20  
TAKE DEEP BREATHS  
SQUEEZE SOMETHING  
DRAW A PICTURE  
TAKE A BRAIN BREAK

The RED Zone



HOW MIGHT YOU FEEL?

ANGRY  
FRUSTRATED  
SCARED  
OUT OF CONTROL

WHAT MIGHT HELP YOU?

STOP WHAT I AM DOING  
MAKE SENSIBLE CHOICES  
TAKE DEEP BREATHES  
ASK FOR A BREAK  
FIND A SAFE SPACE  
ASK FOR HELP

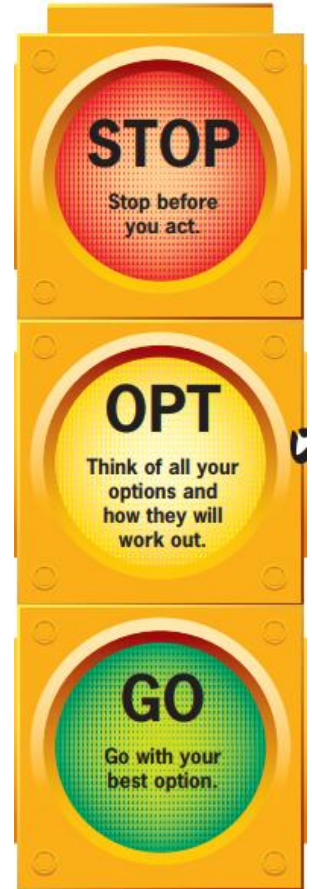


# Toolboxes

This is where we worked with the children to apply the tools in real situations. Everyone will have different 'toolboxes' based on what works for them.

\_\_\_\_\_ 's **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____



# Keep moving forward.....

This year we are expanding our toolboxes to include a growth mindset.

Recent advances in neuroscience have shown us that the brain is far more malleable than we ever knew.

Research on [brain plasticity](#) has shown how connectivity between neurons can change with experience. With practice, neural networks grow new connections, strengthen existing ones, and build insulation that speeds transmission of impulses.

These neuroscientific discoveries have shown us that we can increase our neural growth by the actions we take, such as using good strategies, asking questions, practicing, and following good nutrition and sleep habits.

