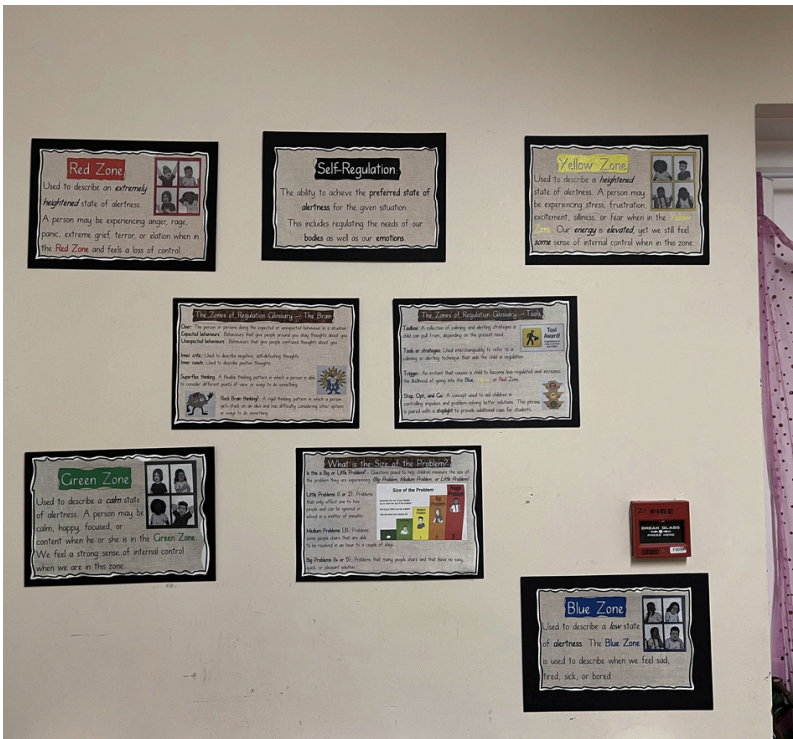

RED ZONE
YELLOW ZONE
GREEN ZONE
BLUE ZONE


The ZONES of Regulation
RED ZONE
YELLOW ZONE
GREEN ZONE
BLUE ZONE




of Regulation
RED ZONE


The Colour Monster
What Colour is Love?


Red Zone
Used to describe an extremely heightened state of alertness.
A person may be experiencing anger, rage, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.
Self-Regulation
The ability to achieve the preferred state of alertness for the given situation.
This includes regulating the needs of our bodies as well as our emotions.
Yellow Zone
Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, excitement, silliness, or fear when in the Yellow Zone. Our energy is elevated, yet we still feel some sense of internal control when in this zone.
The Zones of Regulation Glossary — The Brain
The Zones of Regulation Glossary — Tools
Green Zone
Used to describe a calm state of alertness. A person may be calm, happy, focused, or content when he or she is in the Green Zone. We feel a strong sense of internal control when we are in this zone.
What is the Size of the Problem?
Blue Zone
Used to describe a low state of alertness. The Blue Zone is used to describe when we feel sad, tired, sick, or bored.