

Zones of regulation Grange Infants School

Information for parents.

What zone am I in?



Welcome to Grange Infants Zones of regulation

- Zones of regulation is a program created by Leah Kuypers that we at Grange Infants use to help the children understand and express their emotions in a safe way.

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 Mean Terrified Yelling/Hitting Out of Control

Zones of regulation provides the children with tools to help them Self-regulate

Self-regulation

Self-regulation is the **ability to tolerate sensations, situations and distress and form appropriate responses.** in different situations. In children, self-regulation matures just like other developmental processes.

Self-regulation is the ability to control emotions, thinking, behaviors and motor action in different situations.

Definition from youtudetherapysource

Let's take a
look at the
Blue Zone

Rest Area

Emotion we feel in the blue
zone

- Hurt
- Tired
- Sad
- Sick
- Bored
- Shy

The Green Zone

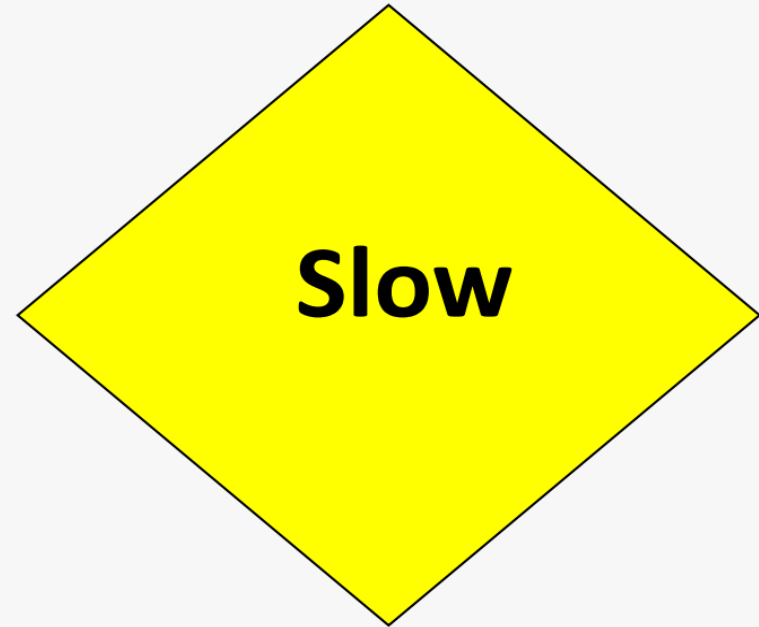
The place we
all love to be!



Emotions we feel
in the Green Zone

- Good
- Appreciated
- Proud
- Relaxed
- Content
- Happy

The Yellow Zone

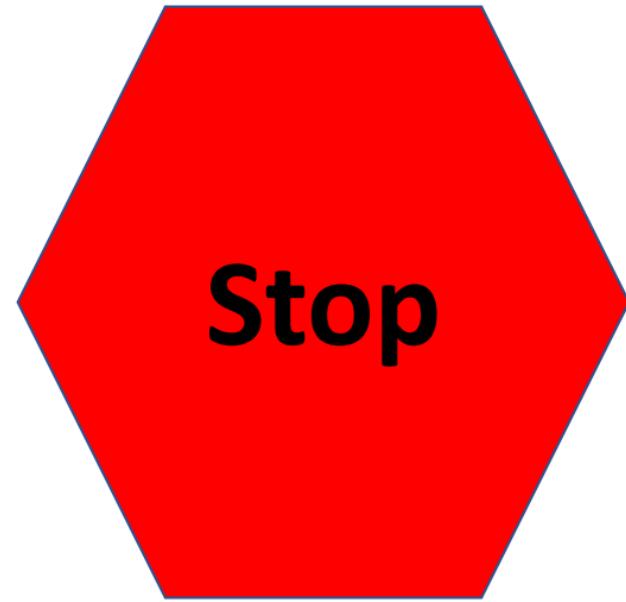


Emotions we feel in the
yellow Zone

- Excited (fizzy)
- Frustrated
- Silly
- Annoyed
- Embarrassed
- Grouchy
- Confused

The Red Zone

Stop



The Emotions we
feel in the Red zone

- Angry
- Mad
- Aggressive
- Terrified
- Out of control

It's okay to have
any of these
emotions!

It's how we behave
when we are
having these
strong feelings that
matters!

Zones of regulation give the
children the words they can
use to express their feelings.

What **Zone** are you in right
now?

How we use Zones at school

We check-in throughout the day using our Zone boards that we have in each classroom.

Adults also check-in as this models to the children how to check-in

Example "I'm in the blue zone I'm feeling tired, What zone are you in?"

Some classes have named pegs to move onto coloured pots. Other classes have a board for children to move their photos.

We talk about the zones we are in, but also strategies to get back to Green.

