

Zones of regulation

Nyland School

Welcome to
Nyland **Zones** of
regulation

Zones of
regulation is a
program created
by Leah Kuypers
that we at Nyland
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

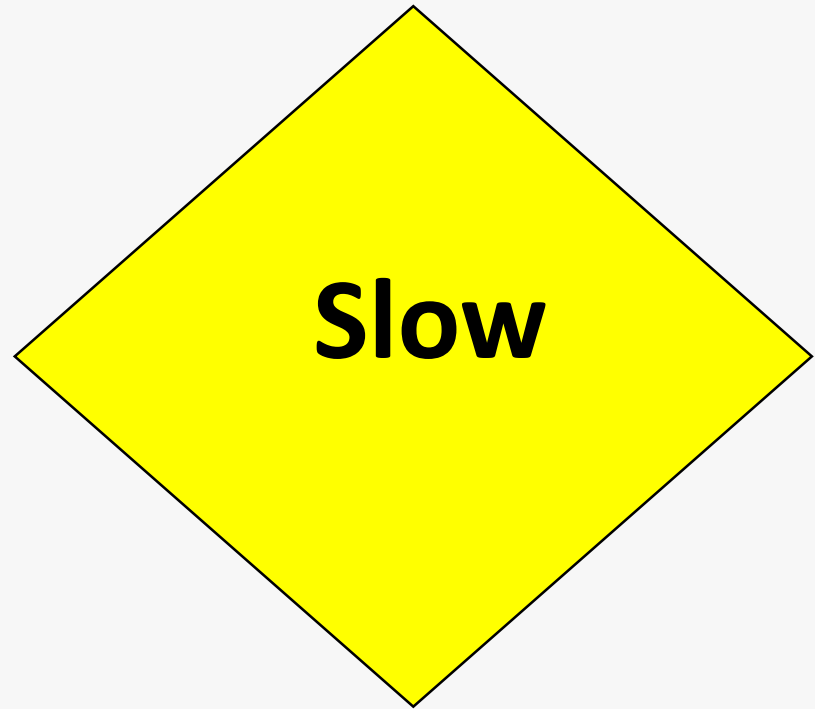
The place we
all love to be!



Emotions we feel
in the Green Zone

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

The Yellow Zone



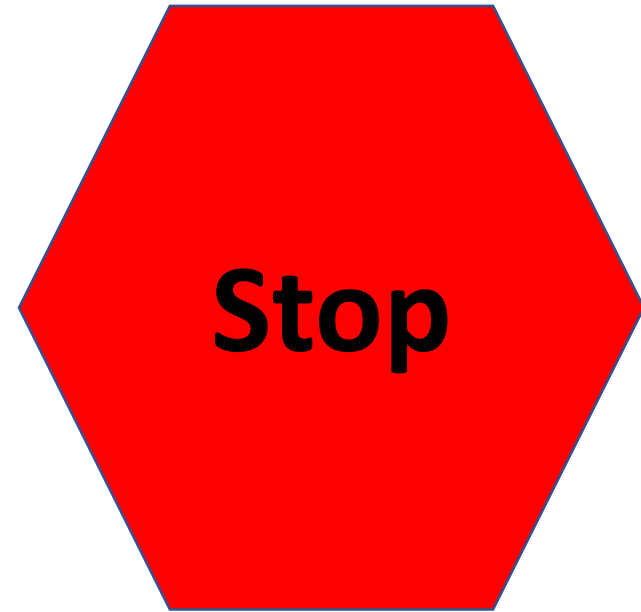
Emotions we feel in the

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?"



Using the **Zones** helps children to express how they are feeling and allows us to identify triggers that may unsettle them.

Look out for our next zones presentation where we will look at useful strategies for each zone that can be created at home as well as school to help support the children with their self-regulation.

Thank you for taking time to learn about **Zone**