

The **ZONES** of Regulation®



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.

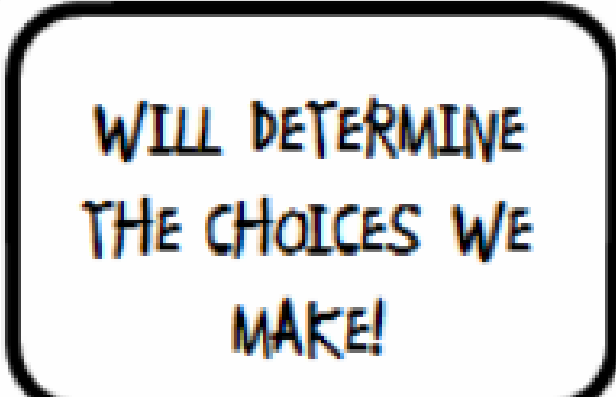
You can also regulate your thinking and your feelings too.



What we THINK
is how we....

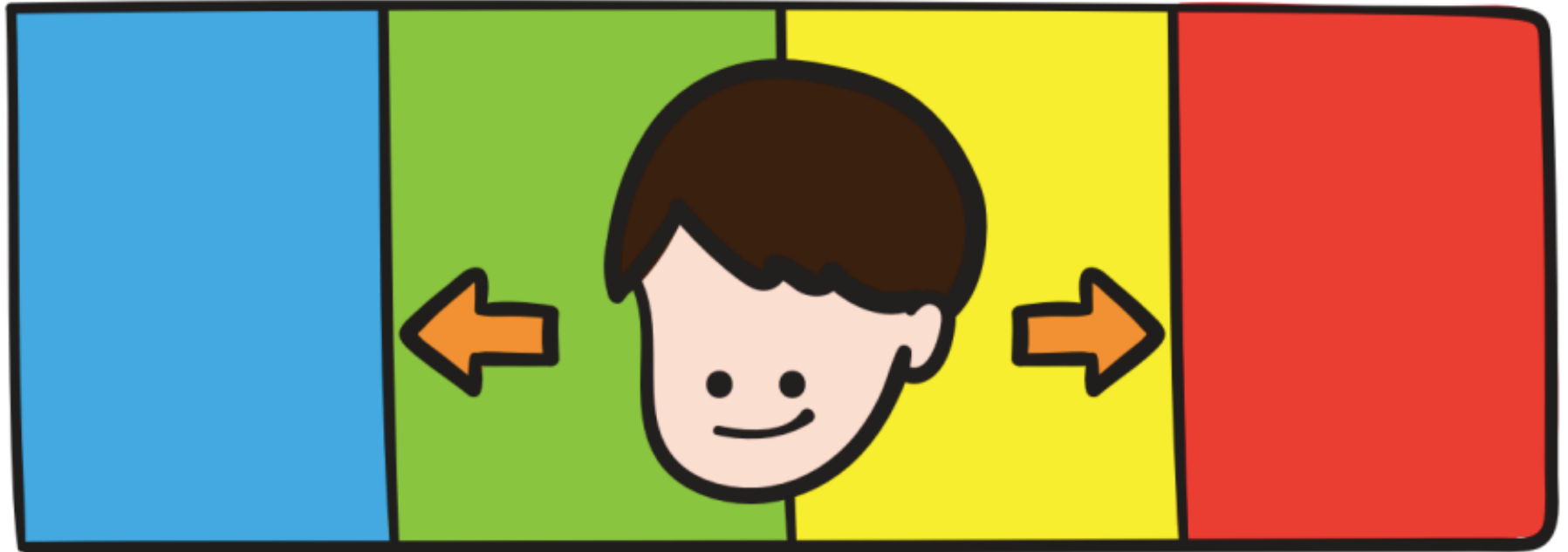


FEEL! How we
FEEL.....



WILL DETERMINE
THE CHOICES WE
MAKE!

What that means is that when I'm feeling different emotions, my body moves between different zones.



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 brain feel?

REST
AREA



Tired



Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely

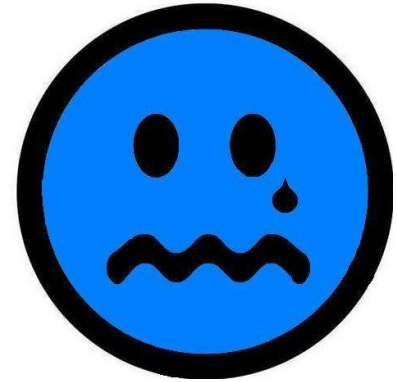


Sick

Sleepy

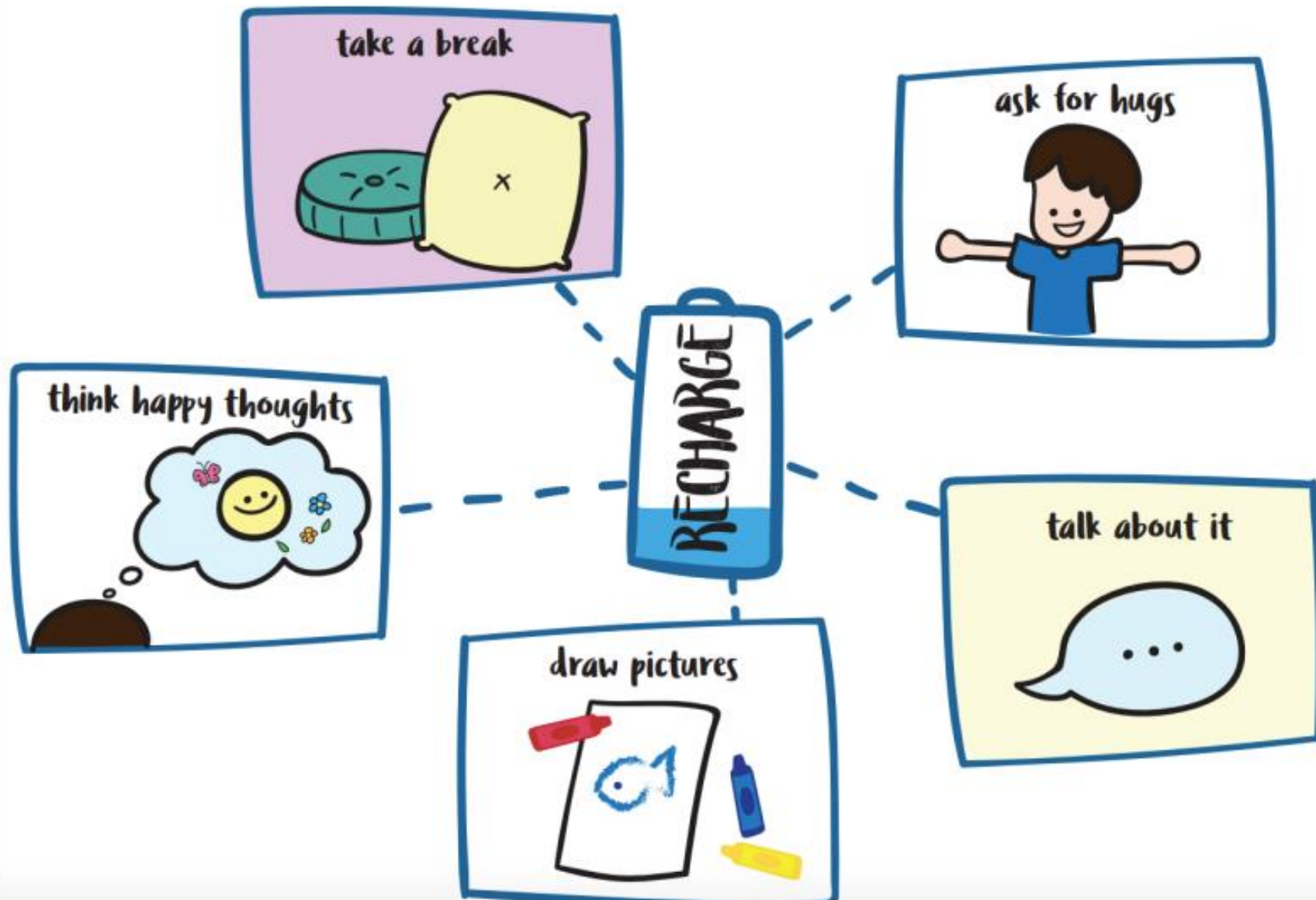


Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

The blue zone is like a rest stop where I can recharge my batteries to get back to the green zone. I can...



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

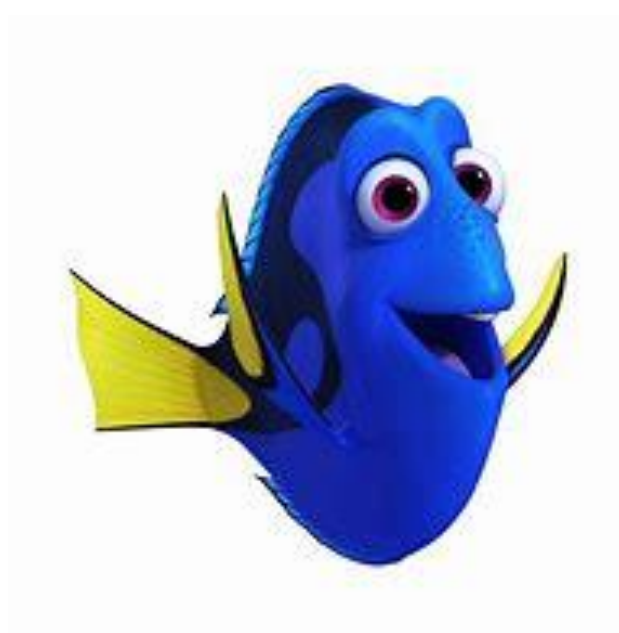
Happy



Focused

Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAx2J8>



Green means go! When I'm in the green zone...

I am ready to work



GO

I can help others



I can ask my friends to play



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

Elf in the yellow zone

https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m



When I'm in the yellow zone, I need to slow down to get back to the green zone. I can...

take a break



jump it out!

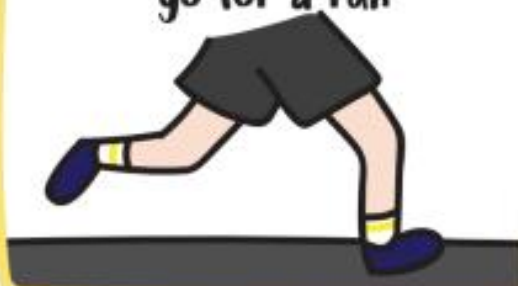


go for a walk



SLOW

go for a run



take a deep breaths



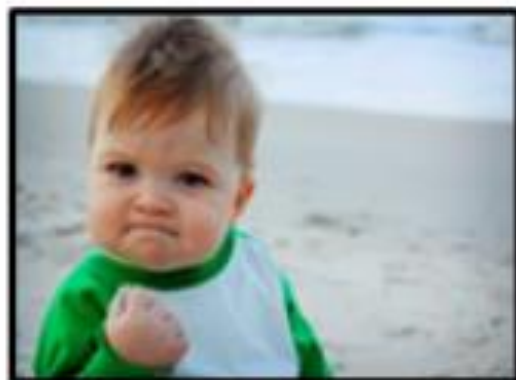
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



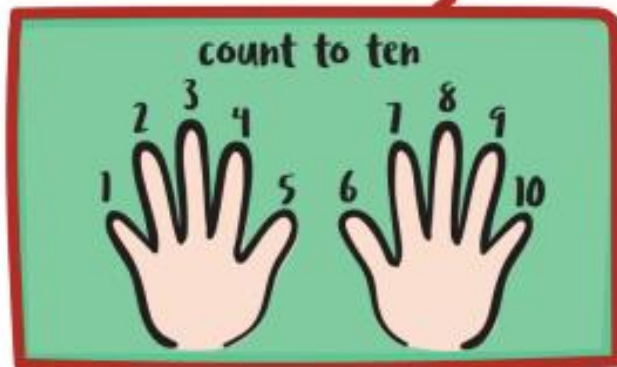
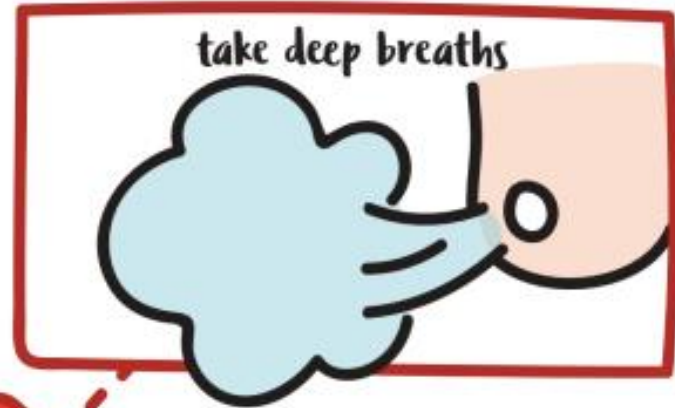
Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>



Red means stop! I need to calm down to get back to the green zone. I can...





Practice
Gratitude



50 COPING SKILLS for kids

