

What is 'The Zones of Regulation'?

- A framework to simplify how we think about and manage our feelings and states
- A supportive teaching tool
- It categorises complex feelings and states into four coloured 'zones'
- It improves the ability to recognise and communicate feelings in a safe, non-judgemental way
- It helps develop 'tools' to move between zones

It is not:

- A discipline model or behaviour approach
- Punitive or shaming of negative behaviours

The Zones

The Blue Zone: a low energy state where the 'slow' feelings reside, e.g. sad, tired, bored, sick

The Green Zone: the optimum state for the classroom and includes feelings such as: happy, calm, focussed, proud

The Yellow Zone: a high energy state where the 'fizzy' feelings are found, e.g. excited, frustrated, anxious, silly

The Red Zone: an 'out of control' state including feelings such as: angry, aggressive, terrified, elated

Things to remember:

- There is no 'bad' zone, all zones are 'expected' at different times and in different circumstances
- You can be in more than one zone at a time
- Some emotions may fall into more than one zone

Key Language

- **Toolbox:** a collection of calming and alerting strategies a child can draw upon (can be a literal toolbox or a collection of known strategies)
- **Tools:** calming or alerting strategies that support self-regulation
- **Trigger:** something that causes the child to become less regulated and increases the likelihood of going into the Yellow or Red Zones
- **Stop, Opt, Go:** a concept to aid children in controlling impulses and problem solving better solutions
- **Expected behaviours:** behaviours that give those around you good or comfortable thoughts about you
- **Unexpected behaviours:** behaviours that give people uncomfortable thoughts about you

- **Inner Critic:** negative, self-defeating thoughts
- **Inner Coach:** positive, helpful thoughts