



Supporting emotional regulation and behaviours
through

The **ZONES** of
Regulation®

A Social Emotional Learning Curriculum and Regulation Program



For over 15 years, schools around the world have been using the original Zones of Regulation program as an empowering instructional tool to build safe, supportive environments that foster learning and well-being for all.

Students benefit from:

- Increased self-awareness and social and emotional skills
- A common language for communication, problem solving, and emotional understanding
- More time spent on learning instead of on behaviour management
- A healthier, more inclusive school climate

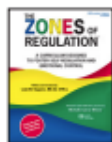
Why Teach Self-Regulation?



Regulation is something everyone continually works on whether we are aware of it or not.

We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place.

This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.



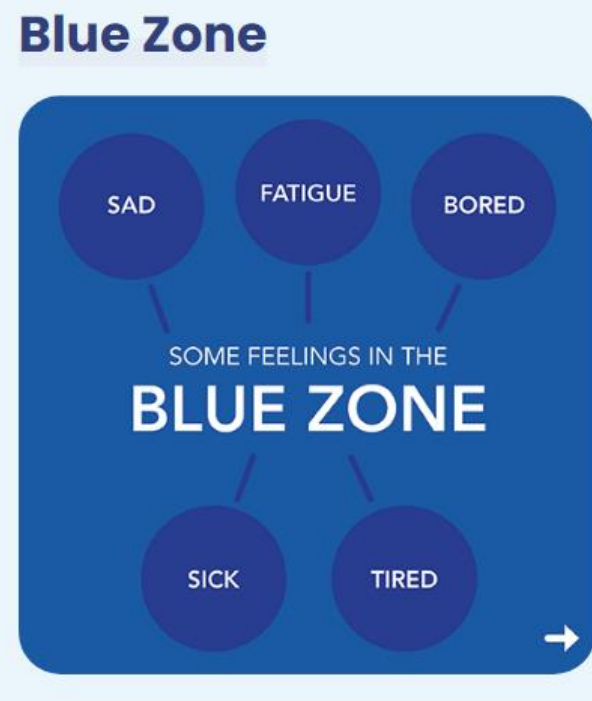
To be used with *The Zones of Regulation™* curriculum
Reproducible E



The **ZONES** of Regulation™

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

Heavy limbs
Moving slowly
Slow heartbeat
Foggy head



- The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone.
- When in the Blue Zone we often need to rest and recharge to meet our goals. We can regulate by seeking (or co-regulate by offering) comfort, energizing, or resting. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize (depending on the context). If we are feeling sad, we may need comfort. In all these situations, the common theme is noticing our lower energy and/or down feelings and options for managing them.

Relaxed muscles
Comfortable temperature
Comfortable, engaged brain

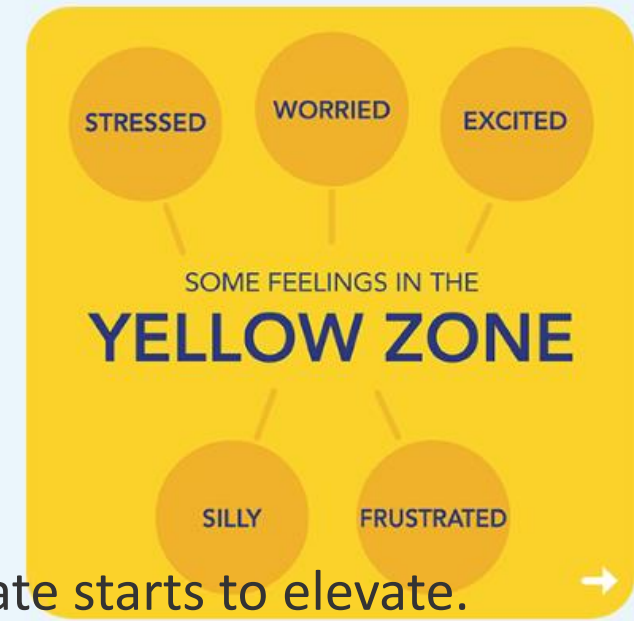
Green Zone



- The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organized, and connected in the Green Zone, helping us be primed to learn. *However, we can learn in other Zones too.*
- When in the Green Zone we regulate by using tools and supports that keep us moving forward comfortably, helping us feel ready to go! In the Green Zone, we might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment. These restorative actions help us proactively care for ourselves so we can move forward with ease.

Wiggly
Warm or hot
Tense muscles
Heart beating faster
Thinking or speaking faster

Yellow Zone



The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to use caution and take a deep breath, so we do not spill something. If we are feeling nervous before our performance, we can slow down our racing thoughts and speech by using a mindfulness tool. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

Red Zone



Heartbeat fast
Skin flushed
Muscles tense
Hot / sweating

- The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.
- When in the Red Zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy. For example, if we are feeling angry it may help to pause and count to 10 before we act. If we are panicked, we can stop and use our self-talk to help us gain a sense of control of our thoughts in order to meet our goal. If we are elated, such as when a teammate scores the winning point, we might need to pause and take a big breath to regulate our impulse to run out on the field to celebrate if there is still time on the clock.



All the Zones are Okay

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.







NO JUDGEMENT NO COMPLIANCE NO SHAMING



Tools for Each of My ZONES

When I feel...

I can try...

Tired or Sad 	
Calm or Happy 	
Frustrated or Silly 	
Mad or Out of Control 	

Adapted for "The Zones of Regulation" from the original work of Buron and Curtis' "The Incredible 5-Point Scale" (2003), www.5pointscale.com.



The ZONES of Regulation®



Use and model the language ALL THE TIME

- What zone are you in?
- Do you know what triggered you to be in this zone?
- What zone do you want to be in?
- How can you get yourself to that zone? (What strategy...)
- What could you use? Can I or anyone else help you?
- If you stay in this zone, might happen. What are you going to do to get out of that zone?

SELF-REGULATION BOOKS:



BOOKS FOR THE **BLUE** ZONE

Topics such as feeling bored, depressed, disappointed, sad, shy, sick, or tired:

Ruby's Worry

Augustus and his Smile

The Sad Book (Michael Rosen)

SELF-REGULATION BOOKS:



BOOKS FOR THE **YELLOW** ZONE

Topics such as feeling anxious, excited, frustrated, grumpy, nervous, scared, being silly or wiggly, or feeling worried.

Bye Bye Pesky Fly – This is a cute little book about Pig and Fly who end up teaching children how they can deal with situations in relationships that annoy or frustrate them in a kind way.

Grumpy Bird – This is a fun little character book about Bird who wakes up with the grumpies and when he goes on a walk to shake them off, his friends join in and soon he discovers that exercise and the company of friends can help him shake off his grumpy mood.

Wemberly Worried – This sweet book is about the mouse Wemberly who worries about everything and after she makes a new friend at school she begins to worry less and less. It's a cute book that shows children that by facing the anxiety it can get better. It's an entertaining and reassuring book that shows how anxieties can lessen over time.

Bear Feels Scared – In this cute and compassionate book, Bear gets scared by bad weather and gets lost in the woods. After worry from his friends, they find him and help him to calm his fears. A book that tells a story about fear and reassurance that things do get better.

SELF-REGULATION BOOKS:



BOOKS FOR THE **RED** ZONE

Topics such as anger, devastation, elation, explosive behaviour, feeling terrified, or hands-on physical reactions such as hitting or kicking, screaming or shouting:

Llama Red Pajama – shows that doing a **heavy work activity** that offers great **calming proprioceptive input**.

When I Feel Angry – This book explains how different things can make you feel angry, and this is an acceptable feeling; however, it is what you do when you get angry that matters most.

When Sophie Gets Angry – Really, Really Angry – This book explores the very upsetting feeling of anger and emphasizes that everyone gets angry sometimes. The main character, Sophie, gets really, really angry and kicks, screams, and roars, and then runs into the woods to climb a tree and calm down, she later returns home to her loving family where things are calm and back to normal.

SELF-REGULATION BOOKS:



GREEN AND ALL ZONES books are those books that include all of the emotions. These books are popular among most professionals and parents:

Glad Monster, Sad Monster – This little brightly coloured book shows monsters acting out different emotions and things that could trigger them.

The Colour Monster – This is a fun concept book for children when the Colour Monster wakes up feeling many emotions all at once. The book helps children to identifying emotions and learn how to feel more in control.

The Feelings Book – This bright and colourful book talks about how we all feel different emotions sometimes.

The Pigeon Has Feelings, Too! – Every young child knows about Mo Willem’s Pigeon and those famous temper tantrums, but this book is about more emotions and The Pigeon makes it more engaging while getting children talking about emotions.

The Way I Feel – This is a comprehensive book about multiple emotions with fun rhyming text that makes it fun to read aloud.

- A Little Spot of Patience – This is a cute little book about learning to enjoy waiting!
- Breathe Like a Bear – This is a beautiful book with mindfulness exercises designed to teach children strategies and techniques for managing their breath, bodies, and emotions. It has 30 short breathing movements that can be performed anywhere and anytime.
- Even Superheroes Have Bad Days – This is a fun action-packed book with wonderful rhyming text making it a favourite among children because which child doesn't like superheroes! This book reveals many ways that superheroes (and children) can resist the temptation to explode when they feel extreme emotions. It teaches many fun ideas to help children cope with strong feelings and emotions when they feel overwhelmed.
- How to Be a Superhero Called Self-Control! – Self-Control, a superhero, wants to teach children some very special super powers for self-control in learning to deal with anger, anxiety, frustration and other strong feelings. Several strategies such as the use of deep pressure, self-massage, breathing exercises, and other activities are a part so that children can learn to find their own personal peaceful place.
- Mr Men and Little Miss (emotions series)