

The Zones of Regulation



What are the Zones of Regulation?

There are four groups or zones that we use to describe how your brain and body feel. We use colors to describe the zones:

- Blue
- Green
- Yellow
- Red



BLUE ZONE



When you are in the blue zone, your brain and body are running slow.

Examples of how you could feel:

tired, sick, sad, bored, _____



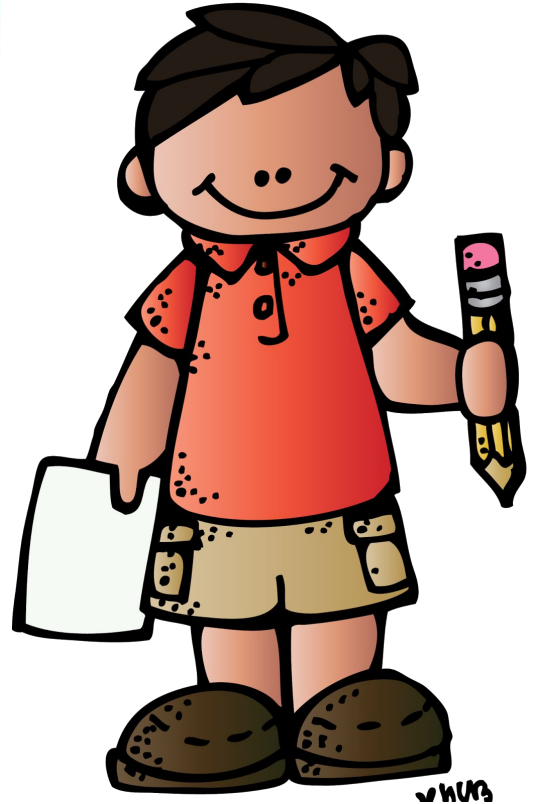
GREEN ZONE



The green zone is like a green light and you are “good to go.” Your body is calm and in control. This is the best place to learn.

Examples of how you could feel:

happy, calm, focused, _____



YELLOW ZONE



The yellow zone is how you feel when you start to lose control. We may need to use caution and slow down when we are in the yellow zone.

Examples of how you could feel:

Frustrated, nervous, stressed, overwhelmed,
silly, wiggly, excited, surprised, _____



RED ZONE



The red zone is saved for extreme emotions.
Your body is out of control!

Examples of how you could feel:

Uncontrolled anger, aggression,
terrified, elated, super silly, _____



What zone could you be in?

Everyone experiences all the zones at one time or another. It is OK to be in any zone. We need to think about how our zones fit where we are.

Examples:

- What zone could you be in at a birthday party?
 - What zone could you be in at school?
 - ... in the classroom?
 - ... at recess?
- What zone could you be in at home?

Sometimes we need tools to help us with the zones.

Some tools might be:

- ★ Take a deep breath
- ★ Stretch your body
- ★ Positive thinking
- ★ Take a break, get some space
- ★ What else?

Which zone feels the best?

What zone are you in right now?



Why are we learning about the zones of regulation?



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