

THE
ZONES OF
REGULATION[™]

Zones of Regulation

Parent Guide

What are the Zones of Regulation?

Zones of Regulation is a self-regulation approach to help teach young people the ways we can categorise all our feelings and emotions in to four concrete coloured zones.

The Zones framework provides strategies to help teach young people to become more aware of, and independent in, controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

Everyone experiences all of the Zones—the Red and Yellow Zones are not the “bad” or “naughty” Zones. All of the Zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment, and helps students work towards being independent in self-regulation.



The Zones can be compared to traffic signs.

When given a green light or in the **Green Zone**, one is “good to go”.

A yellow sign means be aware or take caution, which applies to the **Yellow Zone**.

A red light or stop sign means stop, and when one is the **Red Zone** this often is the case.

The **Blue Zone** can be compared to the rest area signs where one goes to rest or re-energize.

All of the zones are natural to experience, but the framework focuses on teaching students how to recognise and manage their zone based on the environment and its demands and the people around them.

The Zones in focus.

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

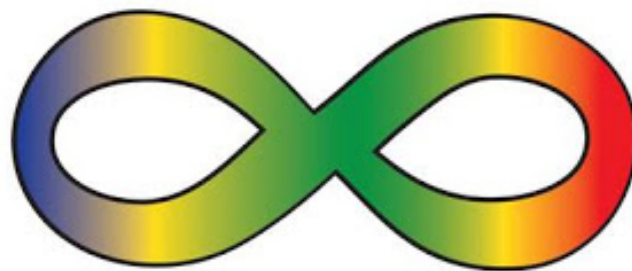
The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
<p>Sad Sick Tired Bored Moving Slowly</p>	<p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

Why do we use Zones of Regulation?

Sometimes young people struggle to recognise their emotions, and especially the tools needed for self-regulation.

Zones of Regulation is designed to help students recognise their emotions and how this influences their behaviour. As well as learning to understand how their behaviour impacts themselves and those around them, and learn what tools they can use to manage their feelings and states.



How do we use Zones of Regulation within school?

Zones of Regulation is implemented within the curriculum.

Students and staff are encouraged to use Zones of Regulation vocabulary. For example, "This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths."

Students will discuss the Zones they are feeling, as well as developing tool-kits to help with self-regulation.

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