

Zones of Regulation

Zones of Regulation is...

An evidence-based curriculum designed to help students gain emotional awareness, regulation skills, and improve their problem-solving abilities.

IT IS NOT

- A numerical rating system, a way to label “good” and “bad” emotions and behavior, a classroom behavioral chart

DO NOT praise kids for being in the green zone





- Praise for identifying an accurate zone and choosing helpful regulation strategies

The Four Zones:

Blue Zone		Low energy level. Body moves slowly or stays still. May feel: sick, sad, tired, or bored.
Green Zone		Just right energy level, regulated, in control, ready to learn, alert. May feel: happy, calm, focused, ok, or content.
Yellow Zone		More or higher energy level, still have some control over actions, might look like wiggly or fidgety. May feel: silly, a little excited, a little scared, stressed, frustrated, nervous, or confused.
Red Zone		Very high/extreme level of energy, not in control, very intense feelings, lots of body movement, explosive behavior. When someone is in the red zone, they are not thinking clearly. May feel: elated, very excited, angry, enraged, very scared, terrified, panicked, or anxious.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The **ZONES** of Regulation®

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

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How to Help Students Using the Zones

1. Helps students gain awareness of the zones by making observations about your own behavior.
What zone are you in, how can you tell, and what strategies you use
2. Talk about what zone is expected in that situation and how you will get there
3. Talk about how people’s actions affect the zone that you are in and how you feel
4. Help students label their zones and choose strategies
5. Reinforce the identification of the zone, the zone to move to, and trialing a strategy

Zones Strategy Categories:

1. Calming
2. Thinking
3. Sensory