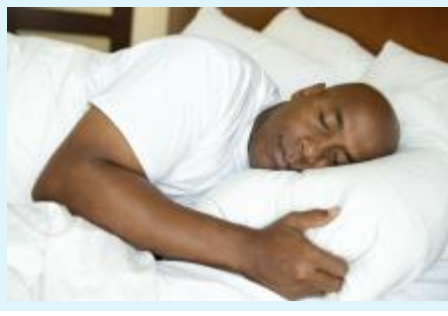


The **ZONES** of Regulation®



Teaching Children Coping Strategies

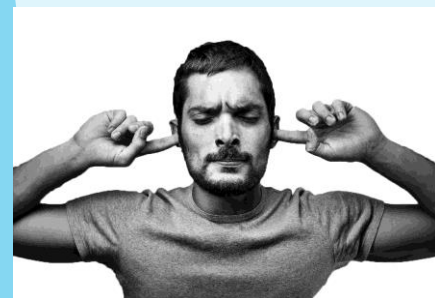


Adult Coping Strategies

What are our coping strategies for being:

- ☐ Tired or Demotivated
- ☐ Worried
- ☐ Frustrated or Angry

What events trigger these feelings?
How did we learn these strategies?







Outline of the Session

- ▶ What the Zones of Regulation are
- ▶ How we use Zones of Regulation in school
- ▶ Strategies to try at home - there will be things to take away!

What is it?

The Zones of Regulation is an approach which supports children in *managing their feelings*.

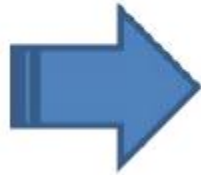
By categorising the different ways we can feel and states of alertness, children can be supported to *identify* their own feelings and understand how their *feelings can then affect their behaviour*.

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

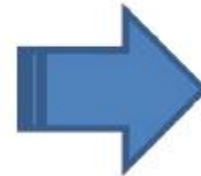
We know the link to learning



**Emotional
Regulation**



**Ability to Pay
Attention**



**Mind is Ready for
Learning**

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain
and body feel?





Blue zone is used to describe a low state of alertness. 'Moving slowly' zone



Green zone is used to describe an ideal state of alertness: 'Ready to learn' zone



Yellow zone is used to describe a heightened state of alertness: 'Losing control' zone



Red zone is the 'Out of control' zone



All zones are OK! All feelings are OK!

We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.





1



2



3



4



5



6



7



8

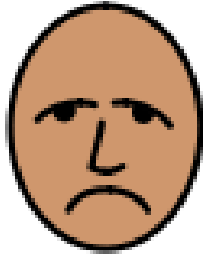


BLUE ZONE GREEN ZONE YELLOW ZONE RED ZONE

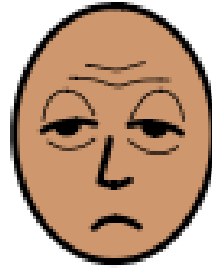


Blue Zone

We are running slow – we might be tired or sad. This is an unexpected zone to be in for learning.



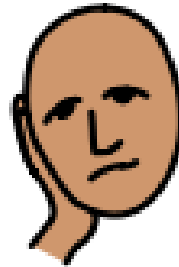
sad



tired



unwell



bored



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly

Bert is sad

How does my brain feel?

REST
AREA



Tired



Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely



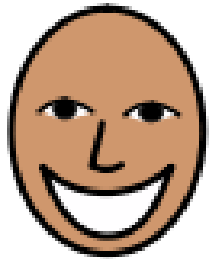
Sick

Sleepy

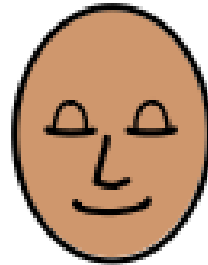


Green Zone

We are expected to be in the **Green Zone** while we are learning. It is when our brains and bodies are relaxed and focussed.



happy



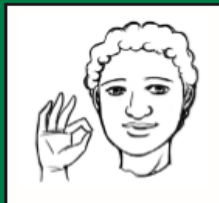
calm



focused



relaxed



GREEN ZONE

Happy

Calm

Feeling Okay

Focused

Ready to Learn

How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy



Focused

Yellow Zone

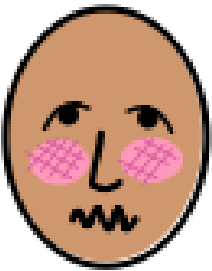
During play time, lunch time and even at the end of the day, it's expected for us to be in the **YELLOW ZONE**.



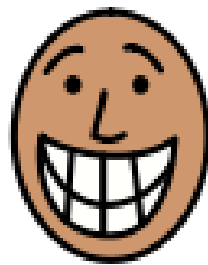
nervous



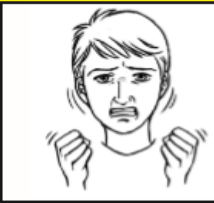
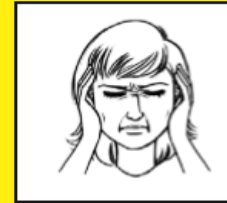
upset



embarrassed



excited



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control

Buddy getting excited in New York

How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



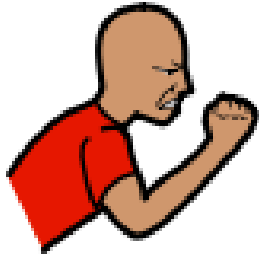
Excited

Frustrated

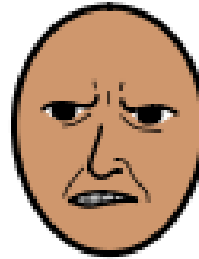


Competitive

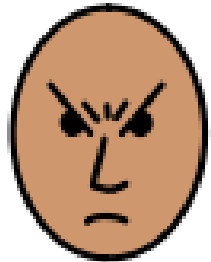
Red Zone when we are at school, the red zone is never expected. We must keep ourselves and others safe.



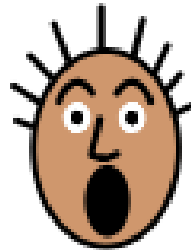
aggressive



mean



angry



terrified



RED ZONE

Mad/Angry

Terrified

Yelling/Hitting

Elated

Out of Control

The Incredibles in the Red Zone

How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

Children have the opportunity to identify which zone they are in at different points of the day. They are encouraged to use the different strategies to support them. We praise children when they identify which zone they are in even if it is the red zone.

What zone am I in?



Use tools to get in the green zone.



Not judging

- ▶ Blue, Yellow and Red zones are not “wrong”
- ▶ Being in the ‘yellow zone’ at a party is positive
- ▶ Sometimes being in the ‘Red Zone’ gets things done
- ▶ Green zone is more helpful for most classroom learning
- ▶ Many are subjective and personal!

Adult feedback important

“I can see you are in the green zone because you are focused on your work.”

Sometimes children may not be able to identify which zone they are in even when it is clear for an adult. We can support children by explaining how we know what zone they are in.



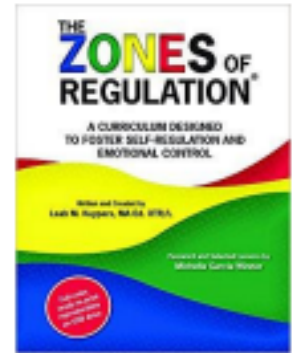
Adult coaching

“Your hands are touching things, and you are not sitting on your chair or doing your work. This is unexpected. I think you might be in the yellow zone.



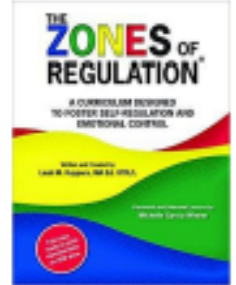
“What can you do to move to the green zone, so that you’re ready to learn?”

KEY POINTS:



- There is no ‘bad’ Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can’t change the way children feel BUT we can help them manage their feelings/states and behaviours. *“It’s OK to be angry but it is not OK to hit...”*
- You can be in more than one Zone at a time (eg. sad AND angry).

KEY POINTS:



- If your child is confidently using words to describe their emotions, they don't need to revert to Zones language **HOWEVER** it is useful for them to know the strategy groups that will help them.

Eg. sick or tired = blue zone strategies

If your child is in the Red Zone...

- Limit verbals – this is not a teachable moment.
- Discuss use of tools when child is regulated.
- Plan for if/when child is in Red Zone. “Wonder if this strategy would help...?”



Deep inside everyone a Red Beast lies sleeping.

Are you ready to learn?

What tools can you use to get into the **GREEN ZONE**?

THE ZONES OF REGULATION®

The diagram illustrates four zones of regulation, each with a sign and a list of tools:

- Blue Zone:** Represented by a blue rectangular sign. It includes six facial expressions: Bored, Itchy, Exhausted, Sick, Tired, and Sad. Below the sign is a box titled "Blue Zone Tools" with the tool "Stretch" and several blank lines for additional tools.
- Green Zone:** Represented by a green circular sign. It includes six facial expressions: Calm, Good, Proud, Okay, Ready to Learn, and Content. Below the sign is a box titled "Green Zone Tools" with the tool "Drink water" and several blank lines for additional tools.
- Yellow Zone:** Represented by a yellow diamond-shaped sign. It includes six facial expressions: Anxious/Worried, Excited, Frustrated, Silly, Scared, and Overwhelmed. Below the sign is a box titled "Yellow Zone Tools" with the tool "Deep breaths" and several blank lines for additional tools.
- Red Zone:** Represented by a red octagonal sign. It includes six facial expressions: Aggressive, Mean, Tense, Mad, Angry, and Yelling. Below the sign is a box titled "Red Zone Tools" with the tool "Take a break" and several blank lines for additional tools.

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Tools

Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.

How can you help yourself?

The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The goal of this
exercise is to get to
the GREEN zone.
What can you do to
be happy, calm and
ready to learn?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



How might you feel?

angry
frustrated
scared
out of control








What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

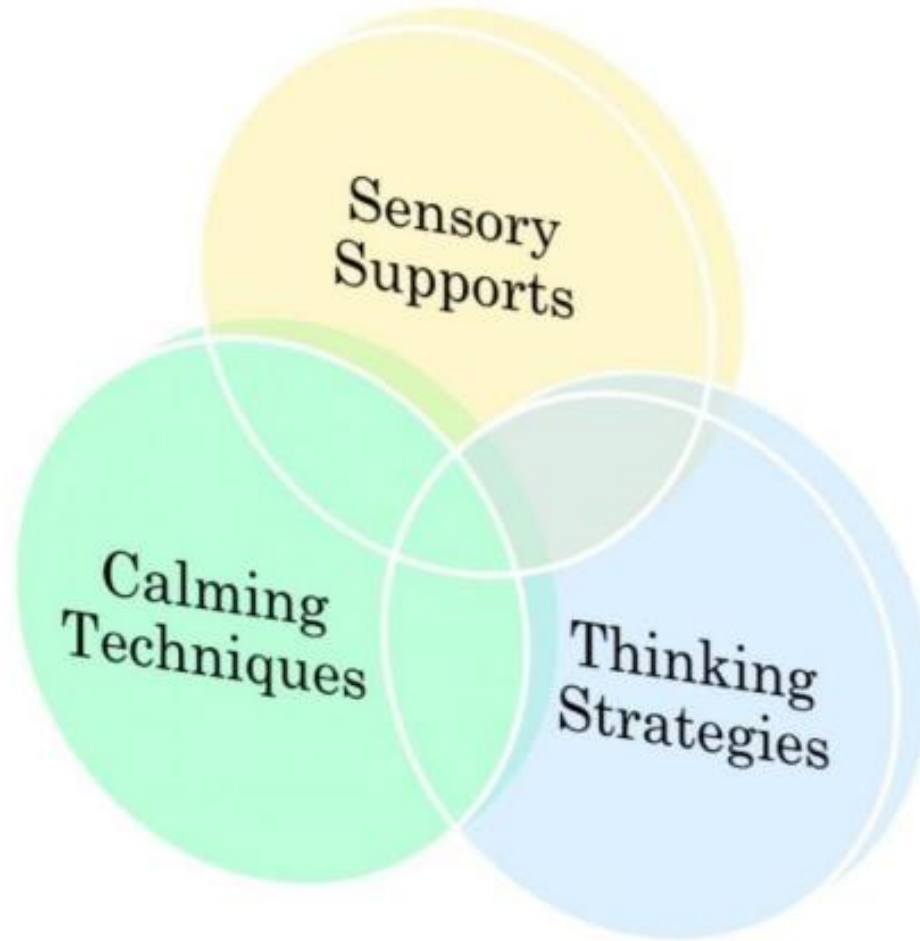
ZONES OF REGULATION

TOOLBOX

I'm in the...

 BLUE ZONE 	GREEN ZONE	 YELLOW ZONE 	 RED ZONE 
<ul style="list-style-type: none"> • Positive thinking (inner coach – "You can do this!") • Drink water • Stretches • Star jumps • Run • Eat something 	<ul style="list-style-type: none"> • I feel: • Happy • Focused • Calm • Ready to learn  <p>calm</p>	<ul style="list-style-type: none"> • Positive thinking (inner coach – you can do this) • Talk to an adult • Think about the size of the problem – is it really that big? • Distract yourself – hand books out, deliver a message • Deep belly breaths • Sit and count to 10/other breathing activities • Standing push up against a wall 	<ul style="list-style-type: none"> • Deep belly breaths • Find a space to calm down • Talk to a trusted adult • Lazy 8 breathing – draw figure of 8 on palm: breath in on the circle, out as you cross over the midline). • Squeeze fists/sensory toy

Tools for self-regulation:



SENSORY STRATEGIES



SENSORY STRATEGIES:

- Bear Hug
- Swing/rock
- Go for a walk
- Wall push ups
- Sucking smoothie through straw
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll



These are not a treat but a tool to help the child feel regulated.

SENSORY TOOLS



Purple

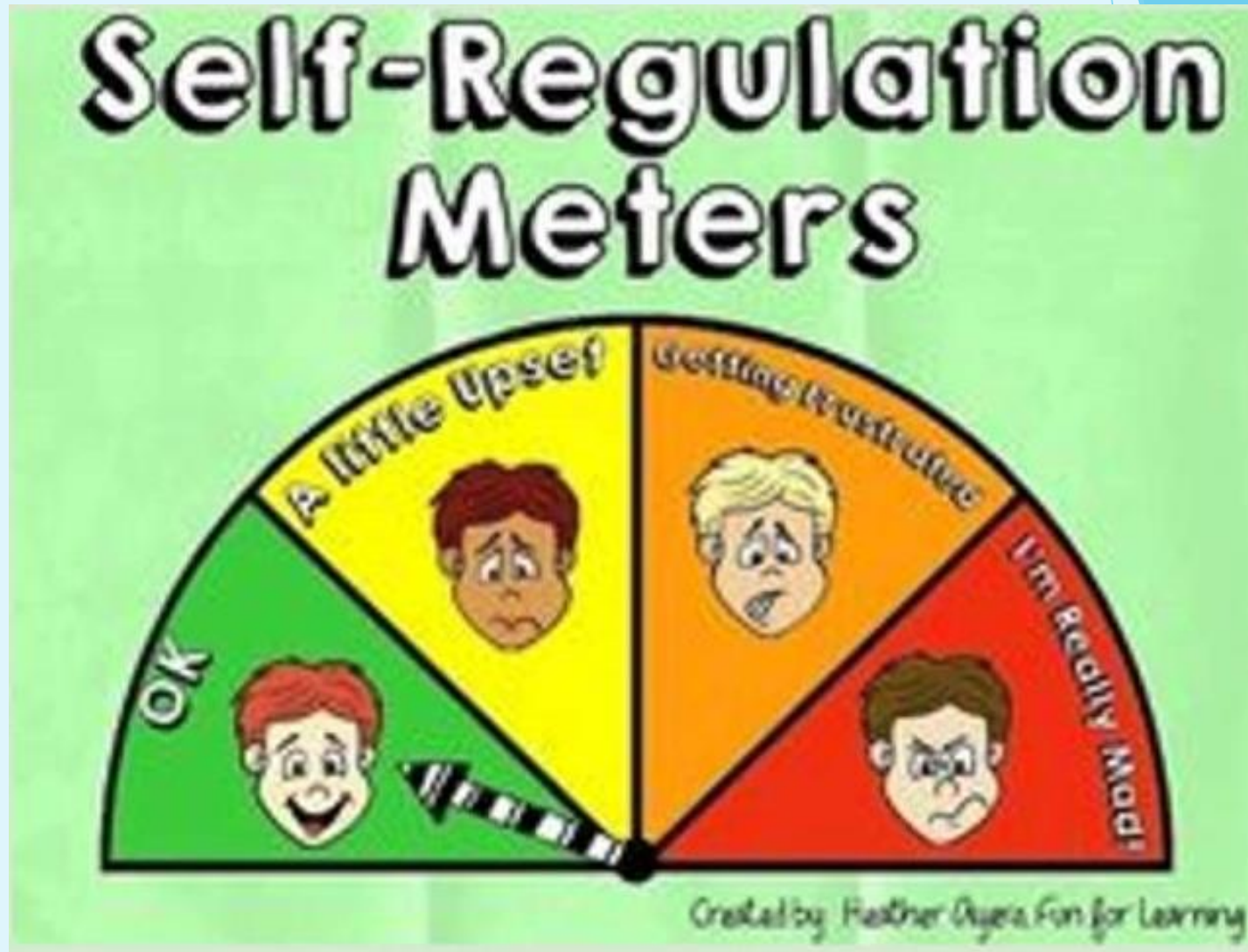


Could you have a sensory box at home?

THINKING STRATEGIES



Learning to self regulate

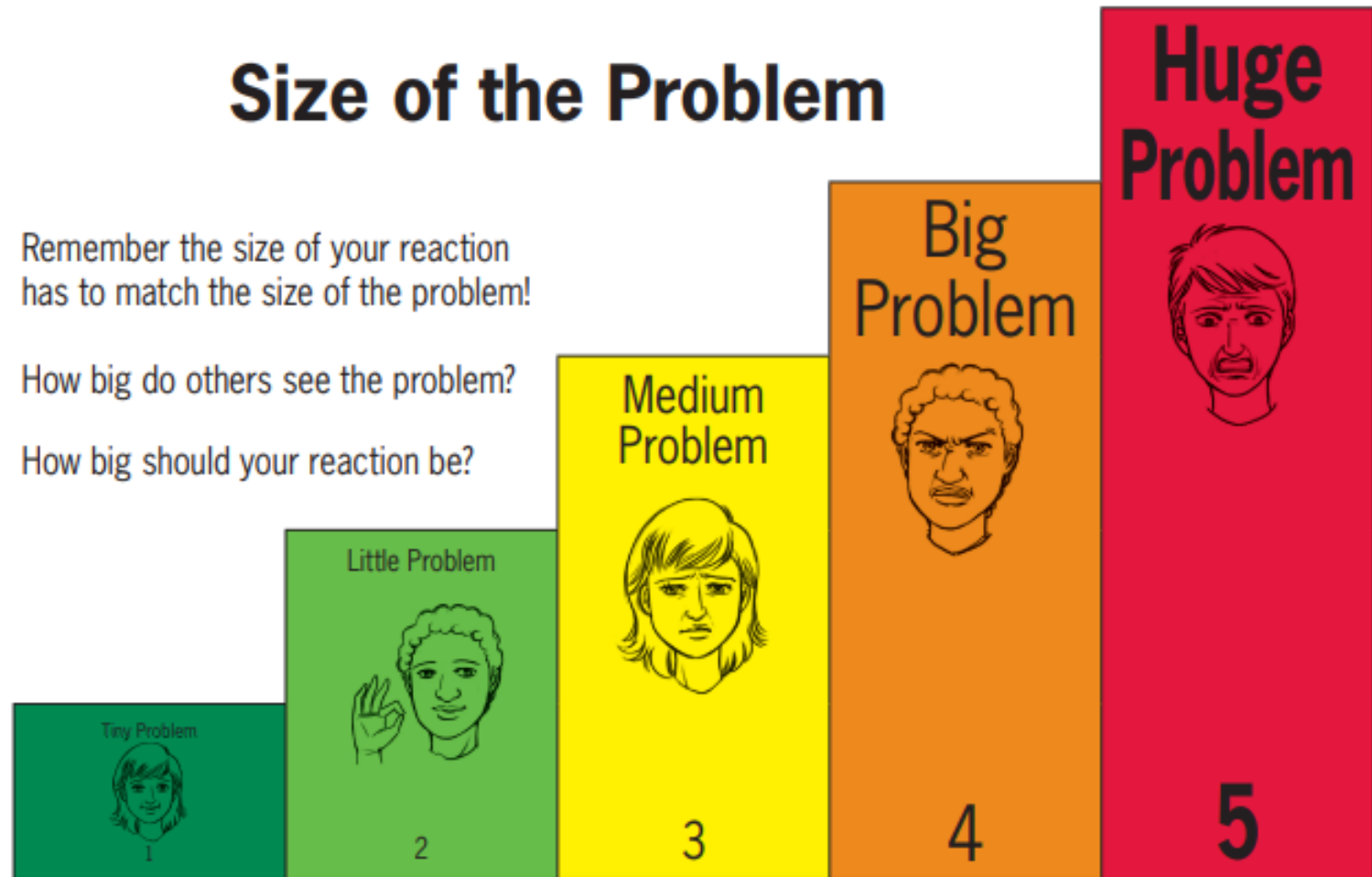


Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?

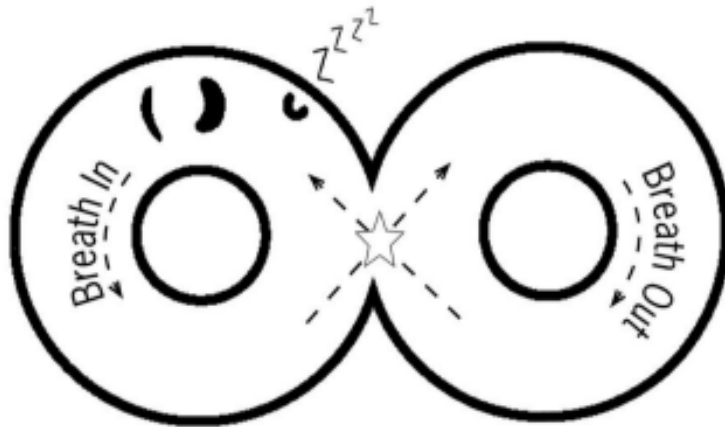


Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com

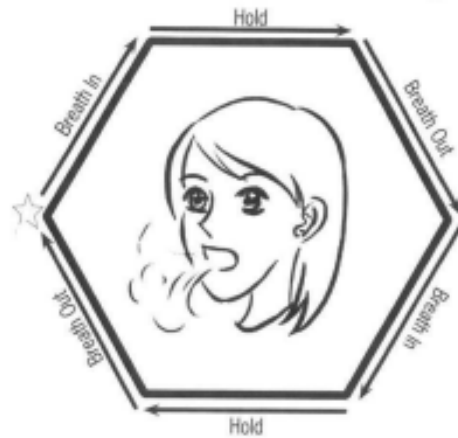
CALMING STRATEGIES



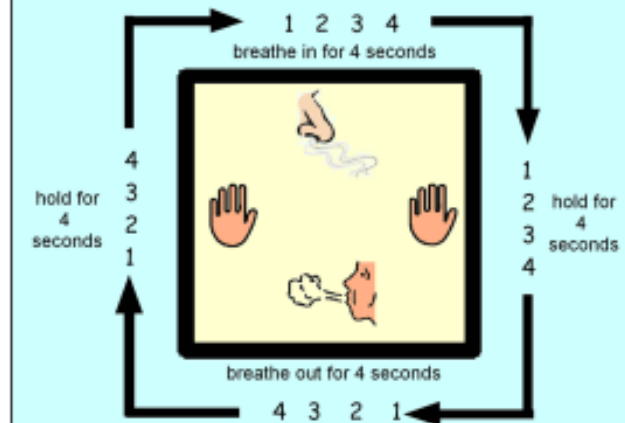
Lazy 8 Breathing



The Six Sides of Breathing



SQUARE BREATHING



COUNTING

- Forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulse



CALMING ACTIVITIES

Puzzles

Listen to Music

Draw/Paint




















Origami

Play-Doh/clay

Read

Stack Rocks



BLUE ZONE STRATEGIES		GREEN ZONE STRATEGIES		YELLOW ZONE/ RED ZONE STRATEGIES			
Get a drink	Palm tickle	Good listening	Follow directions	Use a learning tool	Tense & relax your muscles	Think good thoughts	Self-talk
							
Use a wiggle seat	Use the bathroom	Do my work	Self-talk	Breathe deeply	Ask for help	Chair push-up	Take a walk
							
Use a lap pad	Breathing			Wall push-ups	Palm presses	Write - draw-read	Get a drink
							
				Use a lap pad	Use the ball chair	Take a brain break	Arm squeezes
							

How TICPS will use ZoR to support children:

- Teachers will have a better understanding of when a child may need help self-regulating and prompt them to use a tool or provide them with a tool.
- Children will have a better understanding of their feelings and emotions and therefore feel less anxious about managing unknown or unfamiliar situations.
- Children will have a bank of strategies that they can use to enable them to self-regulate. Children have awareness that the tool may not always work and that is okay, they may need a different one at that time. It may work another time.
- Children have better understanding of the behaviour and emotions of others.
- We have consistent vocabulary that can be used across the school - this is likely to have a greater impact.

HOW CAN I SUPPORT THE ZONES OF REGULATION?

- Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated, I am in the yellow zone”)
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. “I can see you are working really hard to stay in the Green Zone by...”
- Talk about what tool you will use to be in the appropriate Zone (e.g. “I’m going to go for a walk, I need to get to the green zone”)
- Label what zones your child is in throughout the day (e.g. “You look sleepy, are you in the blue zone?”)
- Teach your child which Zones tools they can use (e.g. “It’s time for bed, let’s read a book together in the rocking chair to get to the blue zone.”)
- Post and reference the Zones visuals and tools in your home (Zone check in stations and toolboxes for the family!) Make portable Zones cards (see editable document on website).

Books

