

THE ZONES OF REGULATION®

What are The Zones of Regulation?

The Zones is used to teach self-regulation by labeling all the different ways we feel and states of alertness we experience into four zones. The Zones curriculum provides strategies to teach students to become more aware of their emotions, improve controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

The Four Zones

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

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. Being in the Green Zone will help students be successful in the classroom.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some 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 **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone. A person is described as “out of control” if in the Red Zone.

Tools and Strategies

Students can develop a toolbox, which is a collection of calming and alerting strategies a student can pull from depending on the present need. The tools or strategies in the toolbox are calming or alerting techniques that help the student in regulation. Students can use the Stop, Opt, Go concept to help control impulses and problem solving better solutions. Students need to first stop their brain before they act, think of the options and how they will work out, and go with the best option to help them get back to the Green Zone.

Blue Zone (Tools use to increase alertness)	Green Zone (Tools used to maintain zone)	Yellow Zone (Tools use to calm down)	Red Zone (Tools use to calm down)
Movement (ex. Jumping Jacks)	Read	Movement(ex. Stretch)	Deep breaths
Talk to an adult	Talk to an adult	Listen to music	Talk to an adult/Hug
Listen to upbeat music	Listen to music	Go for a walk	Take a break
Get a drink	Positive self-talk	Deep breaths	Fidget
		Talk to an adult/Hug	
		Carry heavy objects	
		Fidget	

Supporting Students in Managing their Zones

1. What Zone are you in?
2. Can you think of a _____ zone tool to help you so you are ready to learn/get back to the fun/join the group/etc?