

The **ZONES** of Regulation®

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

This year our staff have been excited to introduce the 'Zones of Regulation' programme across the school. Last year we piloted this in several classrooms. We found it so valuable that it was decided to roll it out for everyone in 2019.

This programme started in America and was specifically created for schools to explicitly teach children about emotions and emotional regulation.

There are four colour zones which we use to describe and understand how our brain and body feels. They are broken into; blue, yellow, red and green zones.

By teaching this programme in a manner that is easy for all children to understand, we hope to build capacity for resilience and their ability to 'self regulate' their emotions when things go wrong. This is useful for adult - children as well as child - child interactions.

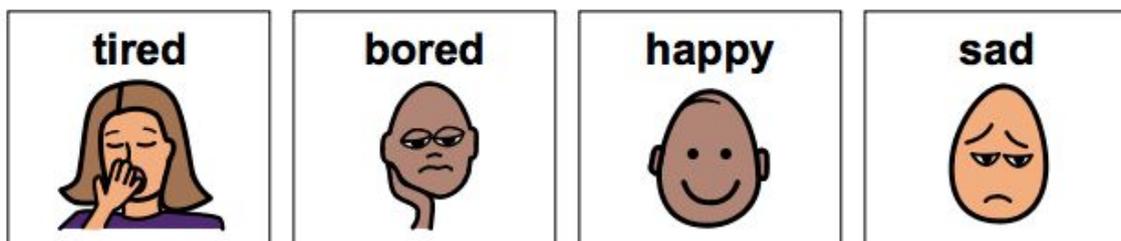
'Inside Out' movie characters

This year every class watched the movie 'Inside Out' and read the storybooks. We discovered, our students were better able to relate to the zones concepts through the movie characters.



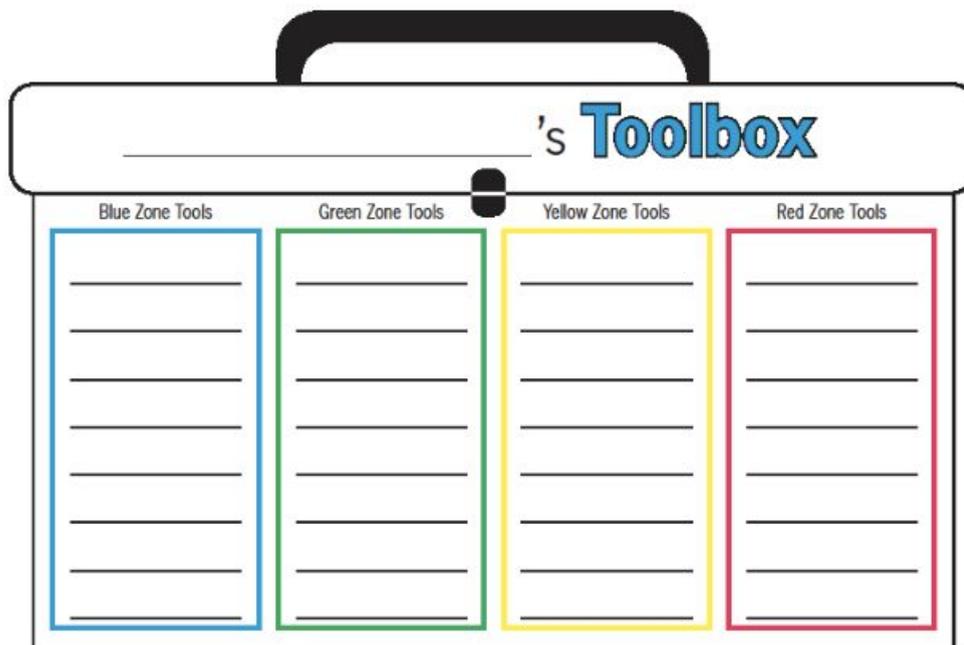
Body language and facial expressions

We have all been learning how to read body language and facial expressions. Our students need to know that facial expressions are a clue to what a person is thinking or feeling. This can be a difficult concept as emotions can be easily misunderstood. When they can read what others are thinking or how they are feeling, they can adjust their behaviour and response and behaviour.



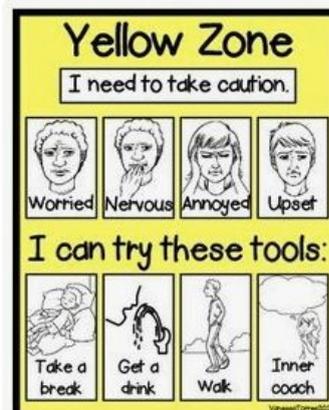
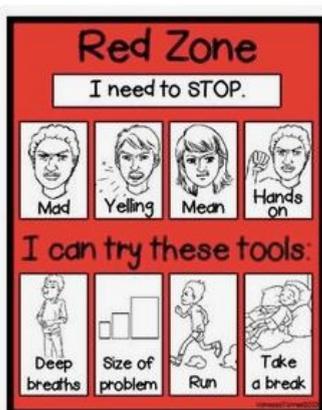
My Zones Toolbox

In response to their understanding about the zones, students will be creating a toolbox to help them deal with different emotions and scenarios that may arise. The toolbox is specific to the zone. When you are feeling sad or sick (the Blue Zone), you are going to use a different tool than when you are out of control (the Red Zone). Some classes will be developing individual toolboxes, while others are working on a toolbox for the whole class.



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*A lot of teaching precedes the toolbox



What can you do at home?

Talk to your children about...

- how they are feeling, and help them label and name their emotions.
- their body cues when they feel that emotion (e.g. I can see you are sad because your shoulders are slumped and your face looks sad)
- why they might be feeling a certain way, has anything happened?
- the tools they have been learning at school, and encourage them to use them at home.
- times when you, a family member, or a character from a film/book felt that way too.

Remember...

**LIFE IS 10% WHAT HAPPENS TO US
AND 90% HOW WE REACT TO IT.**

CHARLES SWINDOLL