

The ZONES of Regulation

The Zones of Regulation was created by Leah Kuypers to help us understand and manage our emotions. There are four zones to describe the way our body and brain feel: the blue zone, the green zone, the yellow zone and the red zone. It is normal to experience all the zones and there is no bad zone. When we notice the zone we are in, we can use a tool to help us manage our emotion and stay in control of our behaviour. If we don't notice the zone we are in, we may find we start to lose control.



BLUE ZONE

The Blue Zone describes a low state of alertness. Your body will be running slowly such as when you're tired, sick or feeling sad. You might need to do something which will increase your energy like exercise, eating/drinking or resting if you are sick.



GREEN ZONE

The Green Zone is like a green light telling you that you're ready to go. If you are in the Green Zone, you may feel happy, calm and focussed. It is easier to learn and listen to others when we are in the Green Zone.



YELLOW ZONE

The Yellow Zone describes a heightened state of alertness such as feeling worried, annoyed, excited or silly. You still have some control when you are in the Yellow Zone so it is important to slow down and think about what you are doing.



RED ZONE

The Red Zone describes an extremely heightened state where you might have intense feelings such as rage, panic, terror or elation. Your brain cannot listen, think clearly or make good decisions in the Red Zone. You need to STOP and wait.

The ZONES of Regulation



BLUE
ZONE

I AM FEELING



TIRED UPSET SHY



GREEN
ZONE

I AM FEELING



FOCUSSED HAPPY CALM



YELLOW
ZONE

I AM FEELING



SILLY WORRIED
FRUSTRATED



RED
ZONE

I AM FEELING



FURIOUS OUT OF CONTROL

The ZONES of Regulation – TOOLS

Remember different things work for different people but try to be open to new ideas and know that you will need to persevere for these to become habits. No tool will take away your feeling completely but it might reduce the intensity and help you to stay in control. The more you practise using a tool when you are calm, the easier it will be to use when you are not calm. Here are tools that are suitable for school but there are lots more you could use at home.



BLUE ZONE

TOOLS

- Think of 5 people, places or things you love
- Skip/run/jump/stretch at break
- Have a drink of cold water
- Tell a friend how you're feeling
- Remember a joke / funny time
- List 5 things you're good at
- Use your inner coach



GREEN ZONE

TOOLS

- Listen to the person talking
- Focus on the task
- Enjoy trying your best
- Encourage others
- Use a calm voice
- Notice how your body feels
- Invite others to join your game at break



YELLOW ZONE

TOOLS

- Imagine your worries in a bubble and blow it away
- Use your inner coach
- Draw a picture/write it down
- Notice 5 things you can see, 4 you can hear, 3 you can feel...
- Birthday cake breathing
- Ask: is this really a big problem?



RED ZONE

TOOLS

- Ask an adult to help you
- Find a quiet place
- Accept that you need to stop
- Give yourself time
- Focus on your breathing – take 5 (or more) deep belly breaths
- Close your eyes
- Count backwards from 20

ENERGISE

READY TO GO

SLOW DOWN

STOP AND WAIT

The **ZONES** of Regulation – Understanding your Triggers

It is easier to manage your emotions and use coping tools when you are prepared for them. Understanding what causes or ‘triggers’ your emotions can really help. If the adults around you understand your triggers, they will be able to help you too. Notice how you feel each day and the reason why and make a note of this. After a while, you will spot your triggers and can make a plan to deal with them. Here are some examples:



BLUE ZONE TRIGGERS



Nobody to play with
Finding your work hard
Not enough sleep or exercise



GREEN ZONE TRIGGERS



Praise from teachers / friends
Friendly faces
Understanding instructions



YELLOW ZONE TRIGGERS



An argument / being told off
Tests / change of plans
Too much noise



RED ZONE TRIGGERS



Being pushed / hit / laughed at
Being called nasty names
Feeling unable to do your work

