

The **ZONES** of Regulation®



The blue zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.



The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want to be in.



The yellow zone describes when you have a heightened sense of alertness.



This isn't always a bad thing, and you typically still have some control when you're in the yellow zone.



The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions.

It is natural to experience all of the Zones; there is no bad zone.

Our Zone is defined by the feelings and internal states we experience on the inside.

BLUE ZONE



What is the Blue Zone?

The blue zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling **down – sad, sick, tired, or bored**. You're still in control, as you are in the yellow zone, but with low energy emotions.

How would your child behave in the Blue Zone?

- absence of feelings
- irritability
- lack of pleasure
- lack of motivation
- tearful
- withdrawn
- difficulty in concentrating

What coping strategies do we implement in school?

- Talking to our teachers and friends
- Time in a designated quiet area
- Exercise/ outdoor breaks
- Alerting sensory breaks
- Reflecting on what makes us happy

What strategies can you use at home?

- Listen to upbeat music
- Get up, get showered and get dressed
- Jump on a trampoline
- Talk to a friend
- Do something creative
- Cuddle or play with pets.
- Go for a walk
- Plan a fun activity
- Look through old photographs or snap some new ones.
- Re-watch a funny or inspiring YouTube video.
- Complete some cardio based exercise

How might your child be feeling in the Blue Zone?

Blue Zone feelings



GREEN ZONE



What is the Green Zone?

The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are **calm, focused, happy, or ready to learn**. This is predominantly the state you want your child to be in. It's also the state most needed in the classroom in order to learn.

How would your child behave in the Green Zone?

- Calm
- Focused
- Happy
- Content

What strategies do we implement in school to keep children in the Green Zone?

- Implement daily sensory breaks
- Sensory areas on the playground
- Celebrate Mental Health focused days/weeks throughout the school year
- Mindfulness activities
- Circle time
- Use a positive behaviour policy
- Encourage a healthy lifestyle
- Teach children how to keep fit
- Offer focused wellbeing sessions on a 1:1 or group basis

What strategies can you use at home?

- Self-care- treat yourself to a relaxing bath or night off homework
- Organise your clothes for school the night before to prevent stress
- Spend time with your friends and family
- Take time out to do something you love to do
- Eat healthy and nutritious food
- Drink plenty of water
- Get 8 hours+ sleep.

How might your child be feeling in the Green Zone?

Green Zone



YELLOW ZONE



What is the Yellow Zone?

The yellow zone describes when you have a heightened sense of alertness.

This isn't always a bad thing, and you typically still have some control when you're in the yellow zone. Being in the yellow means you may feel **frustrated, anxious or nervous**. But, it could also mean you're feeling **excited, silly, or hyper** – which is okay in the right situations.

How would your child behave in the Yellow Zone?

- Avoiding situations
- Avoiding social settings
- Biting nails
- Sleeping issues
- Tearful
- Struggling to concentrate
- Hyper-vigilant
- Laughing loudly
- Talking quickly
- Running around
- Jumping on furniture
- Giggling at what people say
- Struggling to concentrate
- Hyper-vigilant

How might your child be feeling in the Yellow Zone?



What strategies do we implement in school to keep children in the Yellow Zone?

- Celebrate achievements
- Share important news/ achievements in class and assemblies
- Breathing techniques
- Take time out
- Breaks from learning
- Listening to calming music
- Reminders of the class rules and our school Golden Rules
- Provide worry boxes (in the main hall and in each class)

What strategies can you use at home?

- Breathing techniques
- Take time out
- Relaxing activities e.g. warm bath, movie, puzzle
- Keep a journal
- Make a worry monster/ worry jar
- Listening to calming music
- Cuddles!

RED ZONE



What is the Red Zone?

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions.

This is the zone kids are in during meltdowns. Being in the red zone means you're feeling **anger, rage, terror, or complete devastation and feel out of control.**

How would your child behave in the Red Zone?

- Excessive outbursts
- Fighting
- Shouting
- Irritability
- Acting dangerously
- Lack of control
- Resentful

How might your child be feeling in the Red Zone?

Iceberg Model



What coping strategies do we implement in school?

- Take time out
- Use a stress ball
- Use the calm/ reading corner
- Time to talk through our thoughts, feelings and behaviours
- Breathing activities
- Use of the sensory room
- Social Story sessions
- Wellbeing sessions 1:1 or groups

What strategies can you use at home?

- | | |
|---|---|
| <ul style="list-style-type: none"> • Talk to an adult • Hug a teddy • Pop bubble wrap • Wrap your arms around yourself and squeeze • Write down what's bothering you and rip it up • Squeeze a stress ball • Talk about it • Scribble on paper and crumple it up • Use breathing techniques • Do stretches • Listen to calming music | <ul style="list-style-type: none"> • Take time out • Use sensory glitter jar • Be given time and space • Be given time to talk when ready • Allow your child to have a voice |
|---|---|