

Children's Mental Health Awareness week 2023

The **ZONES** of Regulation®



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?




What do you do
when your body
feels hot?




This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

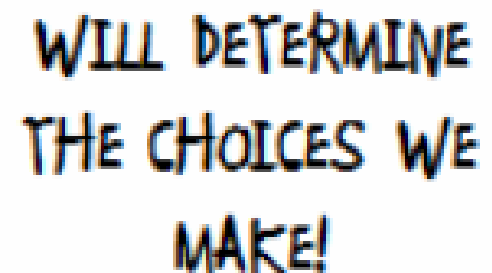
You can also regulate your thinking and your feelings too.



What we THINK
is how we....



FEEL! How we
FEEL....



WILL DETERMINE
THE CHOICES WE
MAKE!

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?



The four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
			

All zones are OK! All feelings are OK!

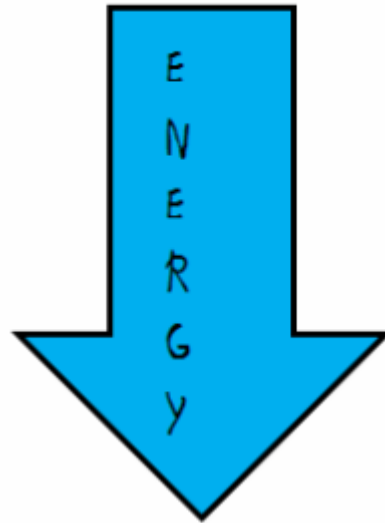
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is an unexpected zone to be in for learning.

How does my body feel?

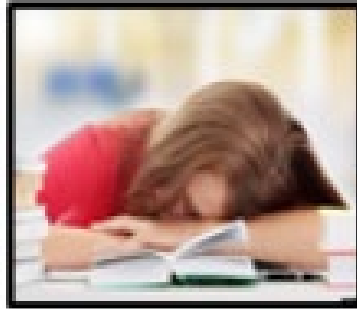


How does my brain feel?

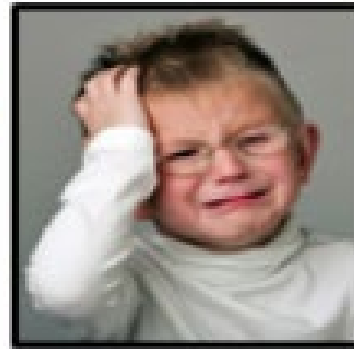
REST
AREA



Tired

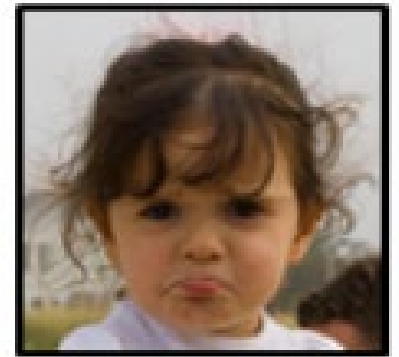


Hurt



BLUE ZONE FEELINGS

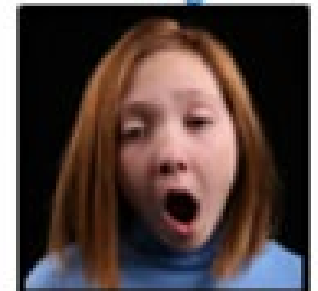
Sad



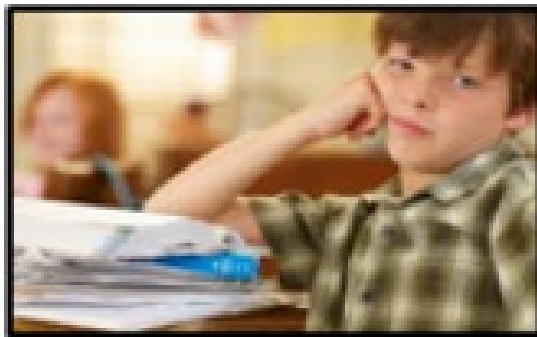
Lonely



Sleepy



Bored



Sick





Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

The **green** zone.....the learning zone!!
We are expected to be in the **Green** Zone while
we are learning. It is when our brains and
bodies are relaxed and focused!

How does my body feel?

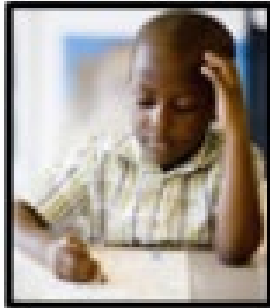
My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



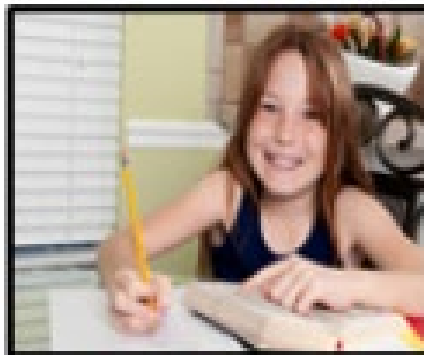
Learning

GREEN ZONE FEELINGS



Ready to Learn

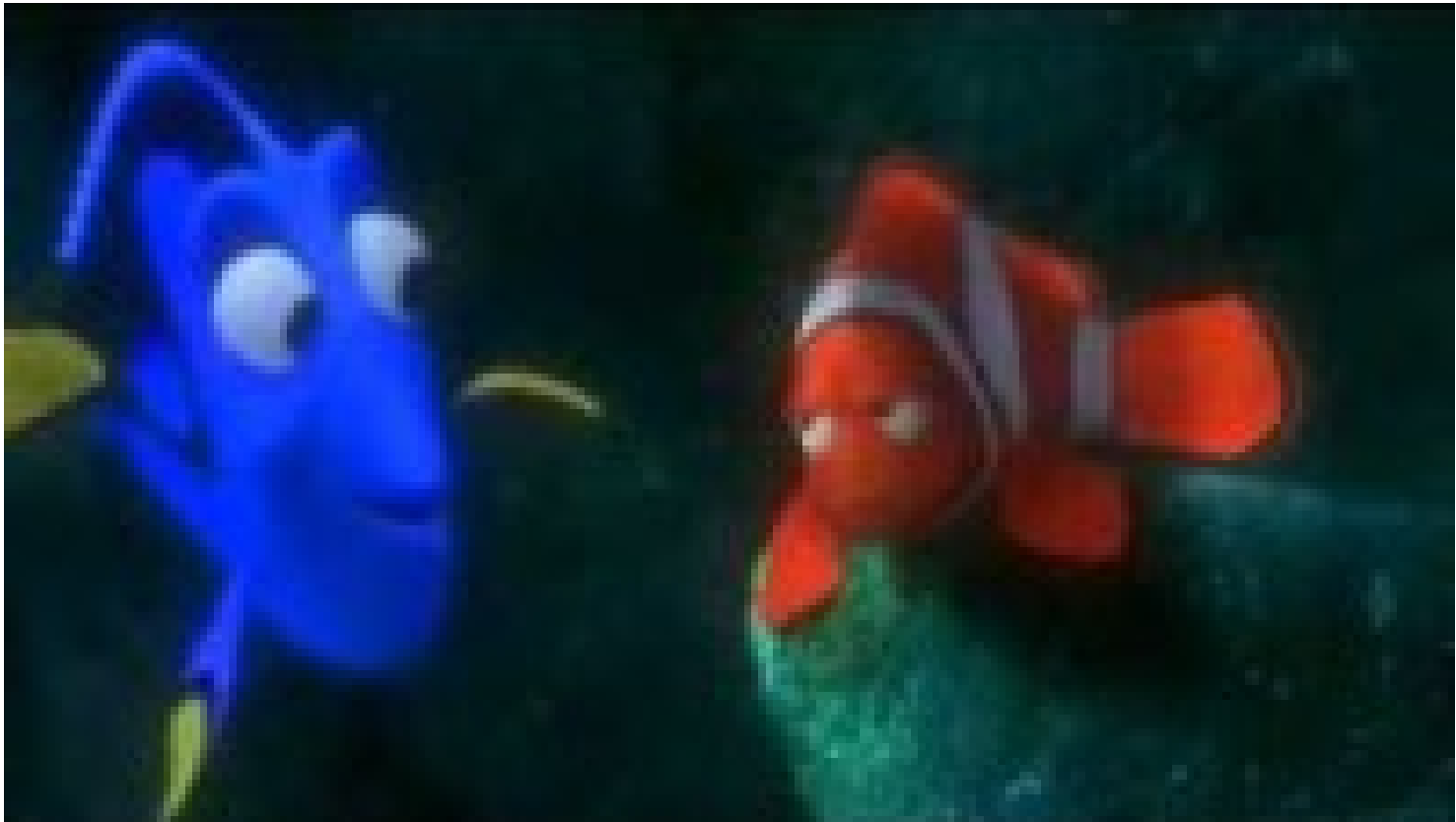
Happy



Focused



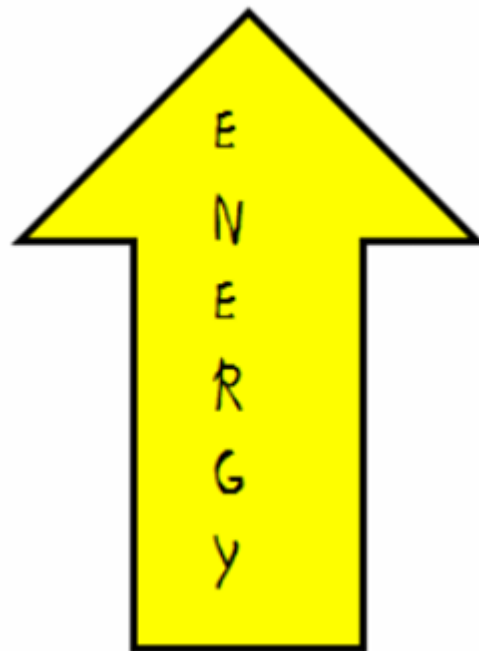
Dory in the green zone.



<https://www.youtube.com/watch?v=sB6W2VAx2J8>

The **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!!

How does my body feel?



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised

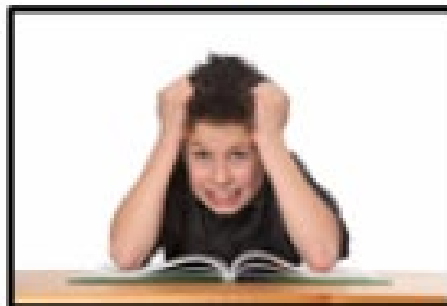


Silly



Excited

Frustrated



Competitive



Elf in the yellow zone



https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m

The **Red** Zone....when we are at school, the **red** zone is not expected! We must keep ourselves and others safe!

How does my body feel?

OUT
OF
CONTROL

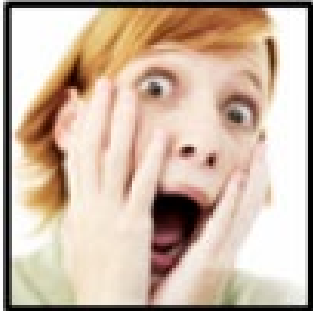
I NEED TO:



STAY CALM!
KEEP MYSELF
AND OTHERS
SAFE!



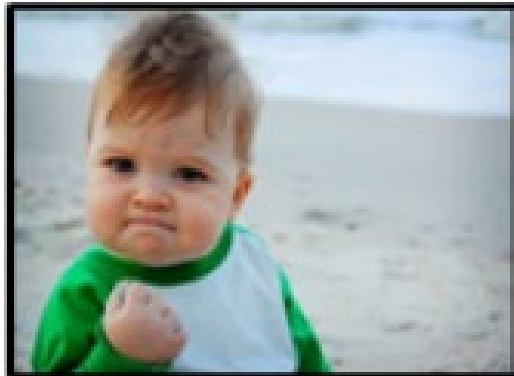
How does my brain feel?



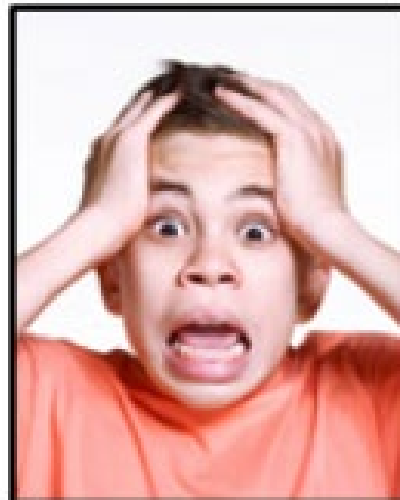
Terrified



RED ZONE FEELINGS



Aggressive



Angry



The Incredibles in the red zone!



<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnlXSJgLC4u0fLFVbJIleWm>

The **ZONES** of Regulation®

*How can we
remember the
Zones?*



Pupil cards

The **ZONES** of Regulation®


How can we remember the Zones?

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.



Parent and child leaflets