

## Zones Of Regulation

We use 'zones' in school to help students identify how they are feeling at certain times during the day and to give them the opportunity to communicate these feelings to an adult. The zones are split into four colours:

**Blue Zone:** Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.

**Green Zone:** Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when they are in the Green Zone. The person feels a strong sense of internal control when in the Green Zone.

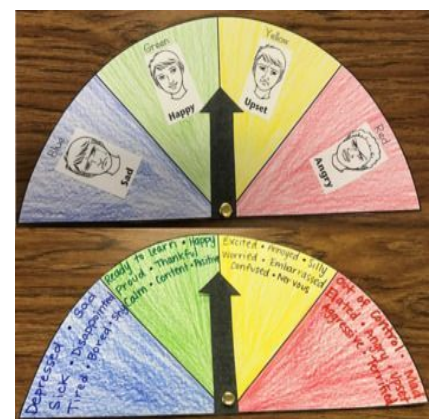
**Yellow Zone:** Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The person's energy is elevated yet they feel some sense of internal control in the Yellow Zone.

**Red Zone:** Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behaviour, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

It is unlikely your child will be in the green zone all of the time so it is important to discuss with your child what each colour means and explain to them that it is ok to feel different emotions and that they may feel more than one emotion at the same time or switch emotions throughout their day.

### STEP 1: Create a Zones Board to Use at Home

There are different ways to get your child to identify and communicate their emotions but it is important they have a visual representation of the zones so they can place themselves in the colour they are feeling. They can do this by using a picture of themselves, a name tag made from writing their name on card/a post-it/ a peg/a lolly pop stick/a painted hand print/ a lego character etc. Their favourite toy could represent themselves or a magazine cut-out; whatever they want to use to identify themselves as themselves is fine. The important thing is that they have the four colours and that they can easily move their representation of themselves into the different coloured zones. Here are some examples of boards you can make with your child. There are more examples at the end of this document.













## STEP 2: Discuss

With your child, discuss what each colour means and ask if they can think of an example of when someone feels like this. They may use an example from a TV show or they may use a real life example. It is best if they can think of an example that isn't related to their own behaviour as this can make it quite personal. If they can't think of an example then share with them some of your ideas but remember not to make it explicitly about them. See if your child can then suggest their own example and practice making faces of the different emotions. Having a mirror to look into might help or the adult copying their facial expressions for each emotion will also reinforce their meanings.

## STEP 3: Practice

Practice using the board. Ask your child to select what colour they are in at the moment by moving their photo/name tag etc into the zone. Ask them how they know they are in that zone. If they are not in the green zone discuss strategies they could use to get into the green zone. This might be taking some deep breaths, having a walk (set a time limit) doing a favourite activity, talking about it with an adult or even to an inanimate object like a favourite toy. It may help to write these strategies down:

Red Zone	Yellow Zone	Green Zone	Blue Zone
			
<u>How to get out of this zone...</u> <ul style="list-style-type: none"><li>• Walk away</li><li>• 3 Deep Breaths</li><li>• Listen to music</li></ul> 	<u>How to get out of this zone...</u> <ul style="list-style-type: none"><li>• Yoga</li><li>• Write</li><li>• Read</li></ul>  	<u>How to stay in this zone...</u> <ul style="list-style-type: none"><li>• Go to bed on time</li><li>• Eat breakfast</li><li>• Take breaks</li></ul> 	<u>How to get out of this zones...</u> <ul style="list-style-type: none"><li>• Stretch</li><li>• Get a drink of water</li><li>• Talk to an adult</li></ul>  

## STEP 4: Use

Using the home learning timetable; show your child when they will be 'checking-in' throughout the days. Ask them if they are happy with this or if they would like to add in more 'check-ins.' Discuss that it is ok to use it at any point and if they feel themselves changing emotion then they should use the board to communicate this even if it isn't a specific 'check-in' time slot. It may help if you create a name tag for yourself and others in the family so your child isn't the only one 'checking-in'.

# More Examples:

What Zone are you in?

Blue Zone:	Green Zone:	Yellow Zone:	Red Zone:
<b>Running Slow</b> sad sick tired bored moving slowly	<b>Good to Go</b> happy calm feeling okay focused ready to learn	<b>Caution</b> frustrated worried silly/wiggly unfocused loss of some control	<b>STOP</b> mad/angry hands on yelling refusing to work out of control

