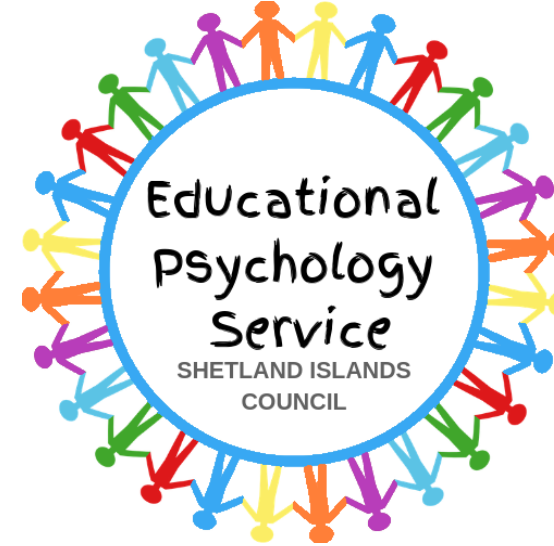


THE **ZONES** OF REGULATION®

A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL



An overview for parents

Credits to Leah Kuiypers, 2011: The Zones of Regulation, a curriculum designed to foster self-regulation and emotional control

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The **ZONES** of
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Aims:

- **Overview of self-regulation**
- **Understanding what ‘The Zones of Regulation’ is and how it works**
- **Self-regulation tools**
 - Calming techniques
 - Thinking strategies
 - Sensory supports

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DEFINITION OF SELF-REGULATION:

“...it is defined as the capacity to manage one’s thoughts, feelings and actions in adaptive and flexible ways across a range of contexts.”

Jude Nicholas

It encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation

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Why is self-regulation important?

Life is 10% what happens to us and 90% how we react to it.

Charles Swindoll

Research has found that higher academic achievement is more likely when interventions include self-regulation components.

Typically, children who can self-regulate will turn into teens who can self-regulate.

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A person who can self-regulate is able to:

- Remain calm and organized in a stressful situation. **(Executive Function)**
- Cheer themselves up after a disappointment. **(Emotional Regulation)**
- Knows when they are experiencing sensory overload and can make adjustments. **(Sensory processing)**
- Understands when it is appropriate to cheer and shout and when to be quiet. **(Social cognition)**

SELF-CONTROL FOR MONSTERS

n p r



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WHAT ARE THE ZONES OF REGULATION®?

The Zones is a programme designed by an OT (Leah Kuypers, 2011) to teach children about self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete coloured zones.

The Zones framework provides strategies to teach pupils to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

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WHAT ARE THE ZONES OF REGULATION®?

Teaches children:

- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills

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WHY TEACH THE ZONES OF REGULATION®?

- Provides a common language to discuss emotions – a language that is non-judgemental.
- The Zones of Regulation is simple for children to understand and helpful for all!
- The Zones teach healthy coping and regulation strategies.

<https://vimeo.com/312563733>

Video DJ learns the zones of regulation (copy and past link on Google)

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The ZONES of Regulation®

THE COLOURS:

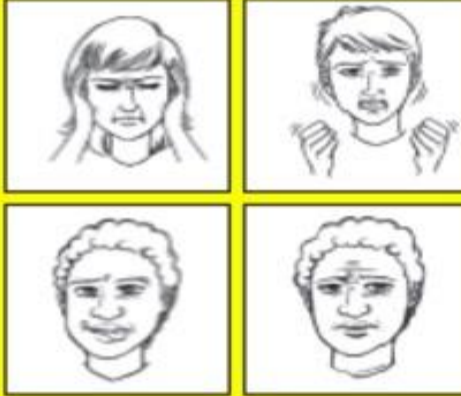
The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **ZONES** of Regulation[®]

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

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Hoppy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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KNOW YOUR ZONE!

BLUE



Sick, Tired, Sad,
Bored, Moving
Slowly

Jedi Toolkit

GREEN



Calm, Happy,
Focused, Ready to
Learn

Jedi Toolkit

ToolKit

YELLOW



Worried,
Frustrated, Silly,
Excited, Loss of
Some Control

Jedi Toolkit

Toolkit

RED



Angry/Mad, Mean,
Yelling, Hitting, Out
of Control

Jedi Toolkit

Toolkit

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UNDERSTANDING ZONETOOLS:

Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

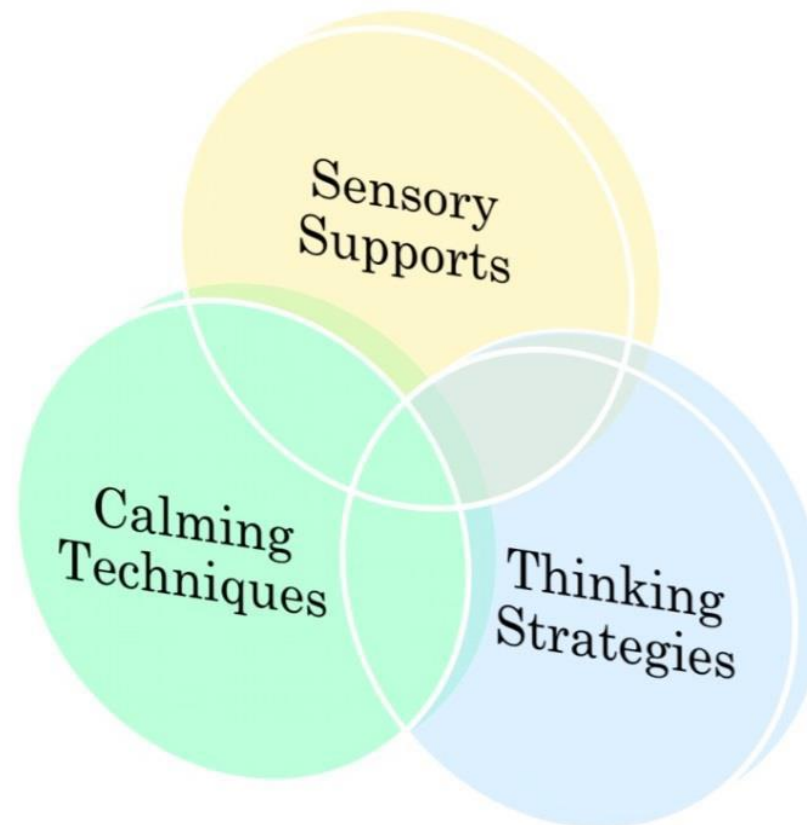
Red Zone tools: help us stay safe and start to calm down.

Pick 2/3 for each Zone (depends on child).

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TOOLS FOR SELF-REGULATION



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SENSORY STRATEGIES



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SENSORY STRATEGIES

- Bear Hug
- Swing/rock
- Go for a walk
- Wall push ups
- Sucking smoothie through straw
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll

THESE ARE NOT A TREAT BUT A TOOL TO HELP THE CHILDREN FEEL REGULATED.

Which sensory supports do you use in your daily life?

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SENSORY TOOLS



Could you have a sensory box at home for your child?

What would you have in this box?

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THINKING STRATEGIES

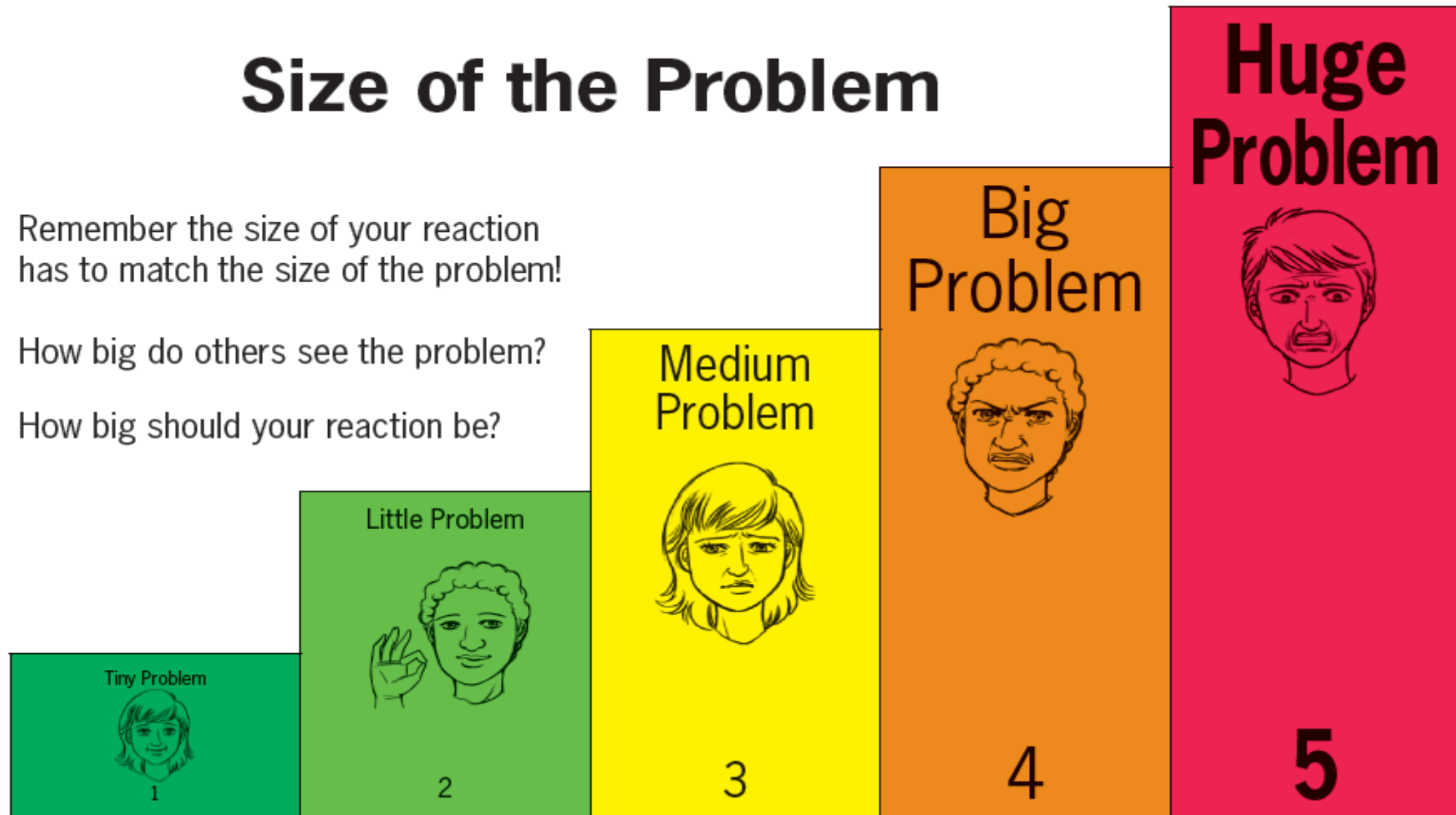


Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



MAKE SURE YOU FREQUENTLY PRAISE YOUR CHILD FOR HAVING EXPECTED REACTIONS RATHER THAN JUST POINTING OUT THE UNEXPECTED.

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INSTEAD OF.....

TRY THINKING....

I'm not good at this

What am I missing?

I give up

I'll use a different strategy

It's good enough

Is this really my best work?

I can't make this any better

I can always improve

This is too hard

This may take some time

I made a mistake

Mistakes help me to learn

I just can't do this

I am going to train my brain

I'll never be that smart

I will learn how to do this

Plan A didn't work

There's always Plan B

My friend can do it

I will learn from them

INNER COACH VS INNER CRITIC



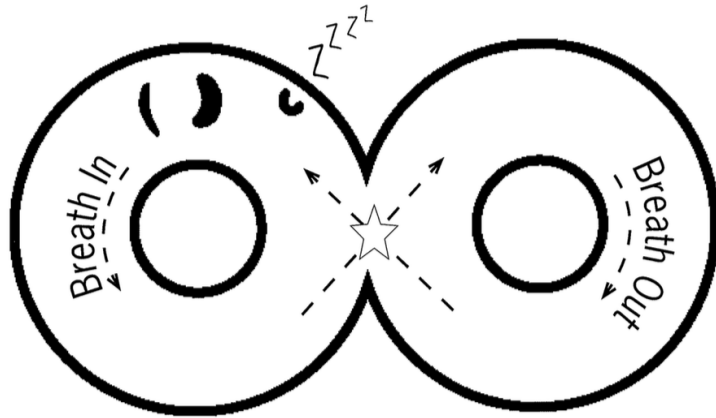
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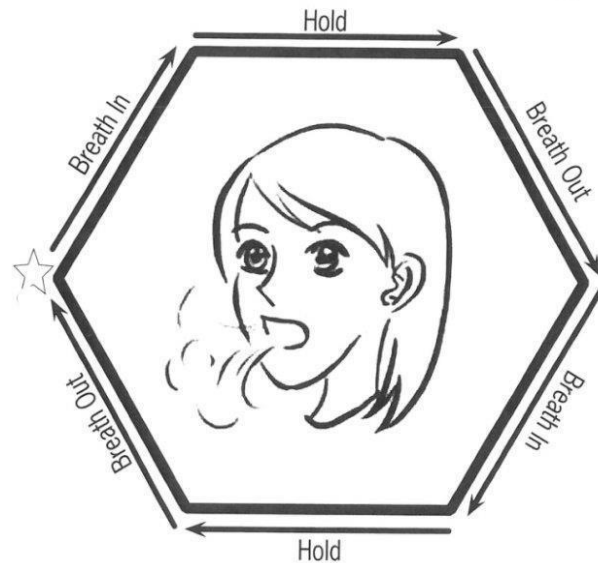
CALMING STRATEGIES



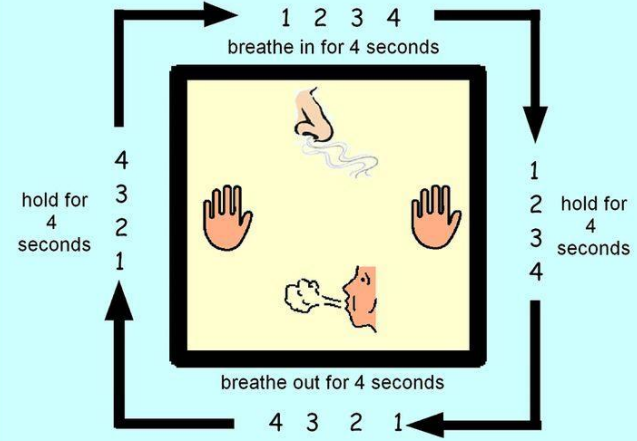
Lazy 8 Breathing



The Six Sides of Breathing



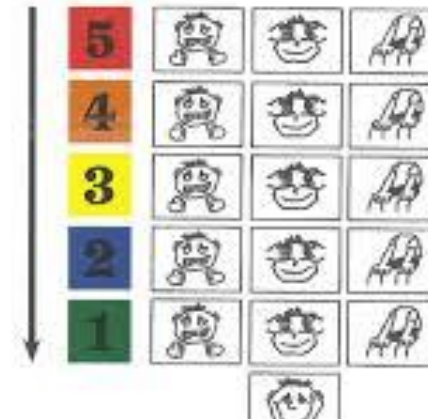
SQUARE BREATHING



My Calming Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



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The **ZONES** of
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COUNTING

- Forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulse

Use of Fit bit (relaxation and pulse tracking)

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CALMING ACTIVITIES

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks



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The **ZONES** of
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KEY POINTS:

- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours. *"It's OK to be angry but it is not OK to hit..."*
- You can be in more than one Zone at a time (eg. sad AND angry).

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KEY POINTS:

If your child is confidently using words to describe their emotions, you don't need to use the colour codes all the time, HOWEVER it is useful for them to know the strategy groups that will help them.

Eg. sick or tired = blue zone strategies

If your child is in the Red Zone...

- **Limit communication** – this is not a teachable moment.
- **Discuss use of tools when child is regulated.**
- **Plan for if/when child is in Red Zone.** “Wonder if this strategy would help...?”

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HOW CAN I SUPPORT THE ZONES OF REGULATION AT HOME?

- Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated, I am in the yellow zone”)
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. “I can see you are working really hard to stay in the Green Zone by...”
- Talk about what tool you will use to be in the appropriate Zone(e.g. “I’m going to go for a walk, I need to get to the green zone”)
- Label what zones your child is in throughout the day (e.g. “You look sleepy, are you in the blue zone?”)

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- Teach your child which Zones tools they can use (e.g. “It’s time for bed, let’s read a book together in the rocking chair to get to the blue zone.”)
- Post and reference the Zones visuals and tools in your home (Zone check in stations and toolboxes for the family!)
- Make portable Zones cards



I'm in the GREEN Zone



I'm in the BLUE Zone



I'm in the YELLOW Zone



I'm in the RED Zone



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PLAY GAMES

“Feelings Charades”

Take turns choosing emotions from a stack of cards or papers and act it out using only face and body clues. Guess each other’s emotion, discuss which zone it’s in and why. (Added challenge: Name a tool you could use when feeling that emotion).

“Name that feeling”

- People watch and guess the feelings/zones of others.
- Name the feelings of characters while watching a movie (and point out any strategies they use).

Read books such as ‘The Way I Feel’ – available on Amazon

Play the “Zones Uno”

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Download the Zones app <https://www.zonesofregulation.com/the-zones-of-regulation-app.html>
and the Exploring Emotions app <https://www.zonesofregulation.com/exploring-emotions-app.html>

These are paid apps:

Zones App £5.99

Exploring Emotions App £9.99

(price in October 2020)

's Toolbox

Blue Zone Tools



Green Zone Tools



Yellow Zone Tools



Lazy 8 Breathing



Size of the Problem



Red Zone Tools



The Six Sides of Breathing



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MORE INFORMATION ON THE **ZONES**

Zones of Regulation Website -

<https://www.zonesofregulation.com/index.html>

Zones of Regulation Book available on Amazon

Don't forget about Pinterest! – lots of free downloadable resources.