The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	Overjoyed/Elated
Bored	Focused	Frustrated	Panicked
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

Blue	Green	Yellow	Red
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	**How might you feel?**	**How might you feel?**	**How might you feel?**
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	**What might help you?**	**What might help you?**	**What might help you?**
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

How can I help at home?

- Talk through the zones with your child. Ask them how they feel in each zone?
- Identify your own feelings using Zones language in front of your child (e.g. I'm frustrated. I think I am in the Yellow Zone.")
- Discuss how they physically feel, e.g. in the Yellow Zone I may have butterflies in my stomach or have sweaty palms (if feeling anxious)
- At times, wonder which Zone your child is in or, discuss which Zone a character in a film / book might be in. (e.g. "You look sleepy, are you in the Blue Zone? That character seems worried, I think they're in Yellow Zone- what do you think?")
- Engage your child in discussion around the Zones, although remember that when they are in the Red Zone this is unlikely to be effective. Discuss the different Zones and tools when they are more regulated / calm
- Teach your child which tools they could use (eg. "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Remember to show the children how you use tools to get back to the Green Zone. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the Blue Zone" and afterwards tell your child how using those tools helped you get back to the Green Zone
- With your child, create a list of strategies they could use- remind them that we are all unique and that we all have different tools that work for us
- Re-iterate that all feelings are useful and important as they give us information about the world and those around us
- Talk to your child's teacher about strategies which have been useful at school/ home
- Identify triggers with your child and encourage use of their strategies before escalation
- Create a 'calm' box full of things that help to keep your child calm and alert. Advice about what could go in the box can be found on the Zones of Regulation website. Alternatively, be led by your child and discuss objects they would like in their box
- Remind your child that there are no 'good' or 'bad' emotions (we often refer to them as 'comfortable' or 'uncomfortable' feelings) and that everyone experiences them all from time to time.

Common questions about the Zones of Regulation

- ***Can my child be in more than one zone at the same time?***

Yes. Your child may feel tired (blue zone) because they did not get enough sleep and anxious (yellow zone) because they are worried about an activity at school. Listing more than one Zone reflects a good sense of personal feelings and alertness levels.

- ***Should children be sanctioned for being in the Red Zone?***

It's best for children to experience the natural consequences of being in the Red zone. If a child's actions/choices hurt someone or destroyed property, they need to repair the relationship or take responsibility for the mess they created. Once the child has calmed down, use the experience as a learning opportunity to process what the child would do differently next time.

- ***Can you look like one Zone on the outside and feel like you are in another Zone on the inside?***

Yes. Many of us "disguise" our Zone to match social expectations. We use the expression "put on a happy face" or mask the emotion so that other people will have good thoughts about us. Parents often say that their children go into the Red Zone as soon as they get home. This is because children are increasing their awareness of their peers and expectations when in the classroom. They make every effort to 'keep it together' at school to stay in the Green Zone. Home is when they feel safe to let it all out.

- ***How can I manage my own 'Zones?'***

Blue Zone **Feeling sad, tired, bored, low?**	**Green Zone** **Feeling happy, calm, focused and ready to go to work?**	**Yellow Zone** **Feeling agitated, anxious, worried, frustrated, excited in an 'edgy' way?**	**Red Zone** **Feeling angry, terrified, acutely stressed?**
In the day could you try…			
Talking to a colleague, friend/ letting your feelings out!	Tackling difficult tasks	Using positive self-talk- remember you're doing the best you can!	Taking deep, calming breaths
Having a well- balanced lunch to give you nutrients to get you back on track	Eating that frog- get through those jobs you've been putting off!	Making lists to get things out of your head and onto paper	Counting to 10 (or more!)
Grabbing a cuppa at break- sit down for a few minutes and really enjoy it!	Trying something new	Talking to someone	Getting some fresh air
Getting outside in the fresh air	Helping others- your positive mood will rub off!	Getting outside for a walk/ bit of fresh air	Giving yourself some space to feel calmer/ take yourself away from the situation for a few minutes
Waiting it out and not beating yourself up- everyone has these kind of days	Seeking out some CPD opportunities/ looking into areas that really interest you	Breathing deeply	Having a hug/ chat with someone you trust
When at home could you try…			
Taking small, incremental steps- brush your teeth, do the washing- little achievements can help lift us	Seeing the friend or relative you've been meaning to for ages	Doing some yoga (lots available online!) or swimming	Doing something high energy that dissipates the adrenaline
Let your feelings come- tears contain an endorphin named leucine-enkephalin, which is	Getting some exercise	Meditating or doing some mindfulness activities	Doing something creative/ anything that helps shift your focus

known to reduce pain and improve mood			
Writing it down- sometimes this helps to pinpoint the root of these feelings	Writing a journal or gratitude list	Having a warm bath or shower	Looking at it! Use it productively to think about what needs to change and what you can do
If feelings persist, talking to your GP or TalkWandsworth: 020 3513 6264 www.talkwandsworth.nhs.uk	Visiting somewhere new that you've been wanting to go to	Putting all those things in your diary to bring order- including self- care! 	If feelings persist, talking to your GP or TalkWandsworth: 020 3513 6264 www.talkwandsworth.nhs.uk

- ***Where can I find out more about the Zones of Regulation?***

www.zonesofregulation.com

www.weareteachers.com/zones-of-regulation-activities

https://www.theottoolbox.com/?s=zones+of+regulation

https://hes-extraordinary.com/the-zones-of-regulation