

# 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.

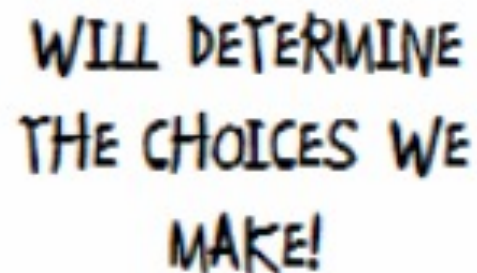
You can also regulate your thinking and your feelings too.

A hand-drawn thought bubble with a small tail pointing downwards.

What we THINK  
is how we....

A simple hand-drawn heart outline.

FEEL! How we  
FEEL.....

A hand-drawn speech bubble with a tail pointing upwards and to the left.

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!

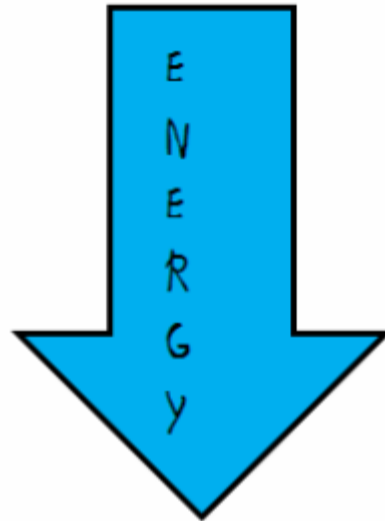
We make others  
feel comfortable  
and safe when we  
are in the  
EXPECTED ZONE  
at the  
EXPECTED TIME.



# 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?*



# Blue zone

<https://www.youtube.com/watch?v=o5c1glzQoPI>

# How does my brain feel?

REST  
AREA



Tired



Hurt



Sad

## BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy



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

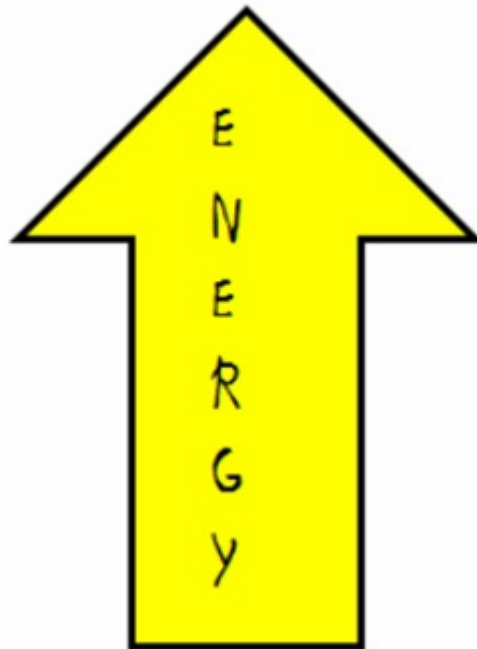
Happy



Focused

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

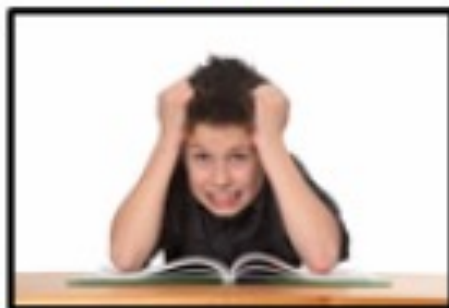


Silly



Excited

Frustrated



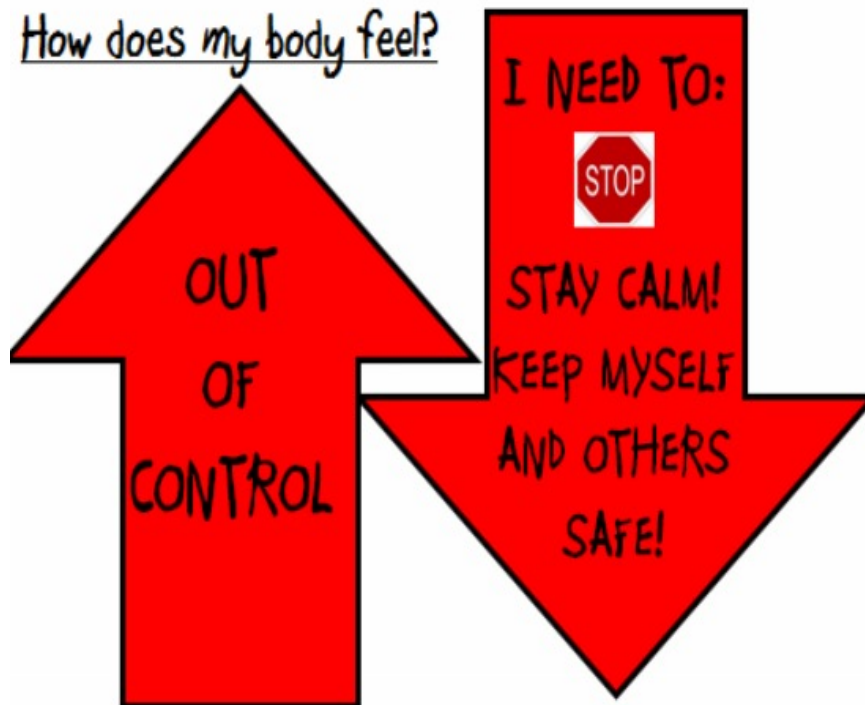
Competitive

# Elf in the yellow zone

[https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE\\_Qc2fr-9zbngdax8rd7m](https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m)



The **Red** Zone....when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!



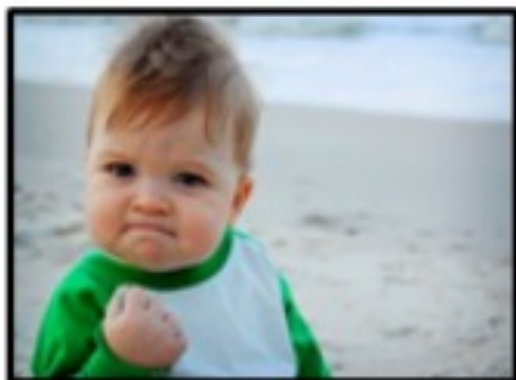
How does my brain feel?



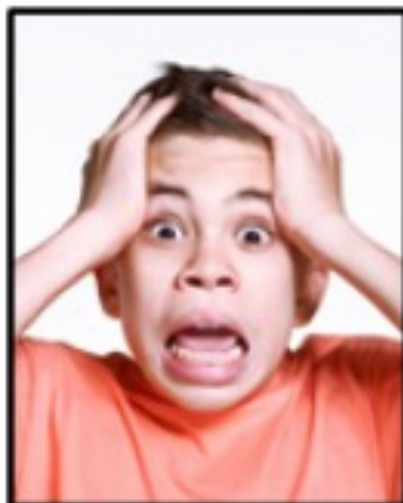
Terrified



RED ZONE FEELINGS



Aggressive



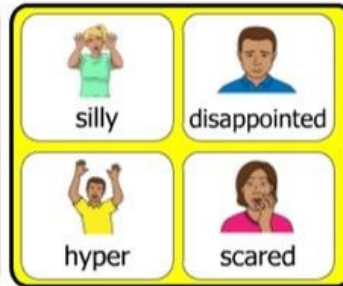
Angry

# The Incredibles in the red zone!

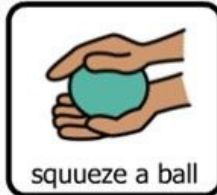
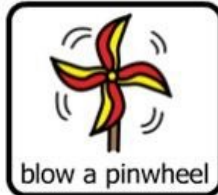
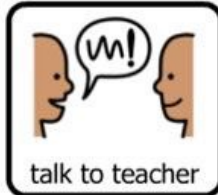
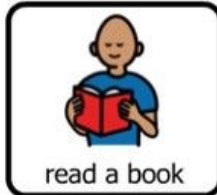
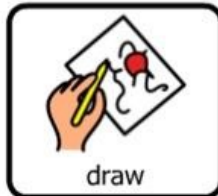
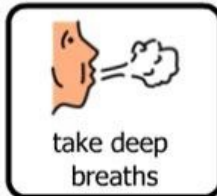
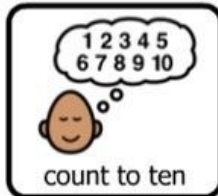
<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABlduQCnIXSJgLC4u0fLFVbJIleWm>



# How can we get back to the green zone?



## Getting into the green zone...



**What three strategies work for you  
to get back into the green zone?**