The ZONES of Regulation®
What are The ZONES of Regulation®?

• The ZONES help us understand how we and others are feeling.

• Zones help us control our emotions.

• The Zones give everyone the same language so that we can talk about our feelings together.
# The ZONES of Regulation®

<table>
<thead>
<tr>
<th>BLUE ZONE</th>
<th>GREEN ZONE</th>
<th>YELLOW ZONE</th>
<th>RED ZONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad</td>
<td>Happy</td>
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<td>Mad/Angry</td>
</tr>
<tr>
<td>Sick</td>
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<td>Terrified</td>
</tr>
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<td>Tired</td>
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<td>Bored</td>
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<td>Excited</td>
<td>Yelling/Hitting</td>
</tr>
<tr>
<td>Moving Slowly</td>
<td>Ready to Learn</td>
<td>Loss of Some Control</td>
<td>Elated</td>
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What **ZONE** is the best to be in while in our learning environment?

**Why?**

*(Make your guess and then see next slide for answer)*
The **GREEN** Zone

Because we need a **calm** body to participate successfully in our learning.
WHAT ZONE ARE YOU IN?

BLUE ZONE
- Sad
- Sick
- Bored
- Tired
- Moving Slow

GREEN ZONE
- Happy
- Calm
- Feeling Okay
- Focused
- Ready to Learn

YELLOW ZONE
- Frustrated
- Worried
- Excited
- Silly
- A little out of control

RED ZONE
- Mad
- Angry
- Yelling
- Overwhelmed
- Out of Control
Name the Feeling & the Zone

• Watch the video and guess what feeling and zone she is in.
• https://www.youtube.com/watch?v=dOkyKyVFnSs
There is **no** such thing as a **bad** ZONE!

- Everyone experiences all of the zones (even adults!)—the Red and Yellow Zones are not “bad” or zones.

- All of the zones are experienced by everyone at one time or another.
How are the ZONES useful?

• It gives us a common way to talk about our feelings.

• We can have a “toolbox” of coping skills to stay in control of our emotions.

• If someone is in blue, yellow, or red, you can help them get back to the green zone.
Example of using ZONES

• Example: I am in the yellow zone because I am feeling anxious about......

• Accept your feelings and the zone you are in.

• When you feel ready, you can choose a tool or strategy that may help get from the yellow zone to the green zone.

*See the next slide for different tools or strategies you can use!
What’s in your **ZONES** Toolbox?

<table>
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<th>Blue Zone Tools</th>
<th>Yellow Zone Tools</th>
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<tr>
<td>“I need to wake my body up”</td>
<td>“I need to calm and focus”</td>
<td>“I need to take a break and calm down”</td>
</tr>
<tr>
<td>• Stretch break</td>
<td>• Lazy 8 Breathing</td>
<td>• Pause for a moment and take a deep breath → then Take a Break</td>
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<td>• Take a walk outside</td>
<td>• Use a fidget</td>
<td>• Take a walk in nature</td>
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<tr>
<td>• Drink water</td>
<td>• Ask for help</td>
<td>• Talk to an adult</td>
</tr>
<tr>
<td>• Eat a snack</td>
<td>• Take a movement break such as yoga</td>
<td>• Lazy 8 breathing</td>
</tr>
<tr>
<td>• Exercise</td>
<td>• Meditate</td>
<td>• Watch a funny TV show</td>
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<td>• Listen to music</td>
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If I am in the Yellow zone, I can try Lazy 8 Breathing to get back into the Green Zone. →
Lazy 8 Breathing

Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

https://www.youtube.com/watch?v=RybWDs5hqDM
Other Videos

- Meditation Video (5 minutes)
- Bubble Breath (2 minutes)
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**Self-regulation:** The ability to achieve the preferred state of alertness for the given situation. This includes regulating one’s body’s needs as well as one’s emotions.

**The Zones:** A concept used to help students learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels and emotions into four colored Zones with which the students can easily identify.

**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 he or she is in the Green Zone. The student 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 student’s energy is elevated yet he or she feels 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 behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

**Toolbox:** A collection of calming and alerting strategies a student can pull from depending on the present need.

**Tools or strategies:** Used interchangeably to refer to a calming or alerting technique that aids the student in self-regulation.

**Trigger:** An irritant that causes a student to become less regulated and increases the likelihood of going into the Yellow or Red Zone.

**Stop, Opt, and Go:** A concept used to aid students in controlling impulses and problem solving better solutions. This phrase is paired with a stoplight to provide additional cues for students.

**Expected behaviors¹:** Behaviors that give people around you good or comfortable thoughts about you.

**Unexpected behaviors¹:** Behaviors that give people uncomfortable thoughts about you.

**Doer:** The person or persons doing the expected or unexpected behavior in a situation.

**What is the size of the problem? and Is this a Big or Little Problem?¹:** Questions posed to help students measure the size of the problem they are experiencing (Big Problem, Medium Problem, or Little Problem).

**Big Problems:** Problems that many people share and that have no easy, quick, or pleasant solution.

**Medium Problems:** Problems some people share that are able to be resolved in an hour to a couple of days.

**Little Problems:** Problems that only affect one to two people and can be ignored or solved in a matter of minutes.

**Inner critic:** Used to describe negative, self-defeating thoughts.

**Inner coach:** Used to describe positive thoughts.

**Superflex thinking²:** A flexible thinking pattern in which a person is able to consider different points of view or ways to do something.

**Rock Brain thinking²:** A rigid thinking pattern in which a person gets stuck on an idea and has difficulty considering other options or ways to do something.

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¹ Social Thinking vocabulary developed by Michelle Garcia Winner, _Thinking About YOU Thinking About ME_ (2007)
² Social Thinking vocabulary developed by Stephanie Madrigal and Michelle Garcia Winner, _Superflex: A Superhero Social Thinking Curriculum_ (2008)
The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!

What Zone Are You In?

- BLUE ZONE: Sad, Tired, Bored
- GREEN ZONE: Calm, Happy, Focused
- YELLOW ZONE: Frustrated, Silly, Worried
- RED ZONE: Mad, Overjoyed, Out of Control

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Based on *The Zones of Regulation* (Kuypers, 2011)

Available at [www.socialthinking.com](http://www.socialthinking.com)
Make A Zones Check-in at Home

Have you been learning about *The Zones of Regulation*? Follow these easy steps to make your own Zones check-in for everyone to use in your home.

- **Step 1:** Watch the video directions
- **Step 2:** Decide what you want your Check-In to look like
  
  *For example: Use the handout provided, Legos, colored paper, emojis, characters from a show, etc.*

- **Step 3:** Gather your materials
  
  *For example: paper, scissors, glue, Legos, magazines, print pictures, etc.*

- **Step 4:** Create your Zones Check-in which includes:
  
  - Red, Yellow, Green and Blue Zone areas
  - A way to represent each person in your family
    
    *For example: Names or pictures on Post-its, magnets, clothespins, or paperclips*

- **Step 5:** Display in a place where your family spends lots of time.

- **Step 6:** Start Checking-In! Do so as often as you want, but for sure everyday.