

THE ZONES OF REGULATION®

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy 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

THE ZONES OF REGULATION®

At Edward Francis Primary School, we use the Zones of Regulation as a framework to build emotional and behavioural regulation skills in our pupils.

It is a common language and set of tools for understanding and managing emotions.

Feelings can be complicated. They come in different intensities and levels of energy that are unique within our brain and bodies. To make them easier to talk about, think about and regulate, The Zones of Regulation organises feelings into four coloured zones - Blue, Green, Yellow and Red.



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



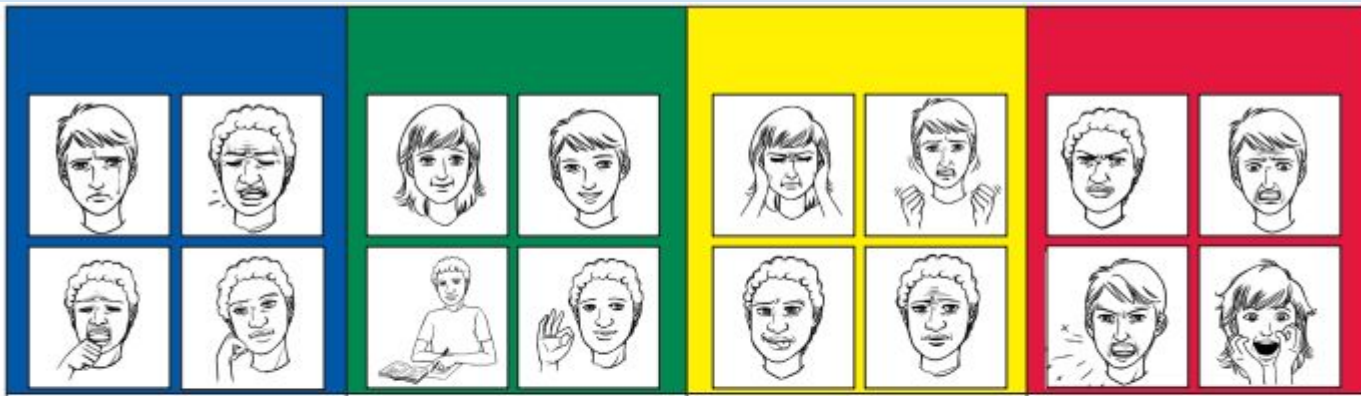
YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control



RED ZONE

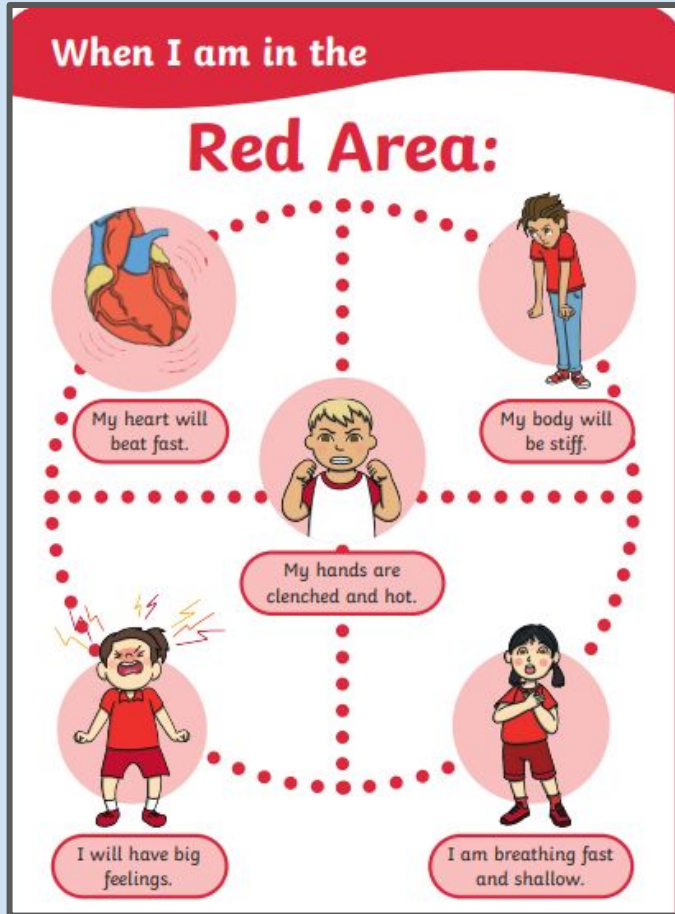
Mad/Angry
Terrified
Yelling/Hitting
Elated
Out of Control



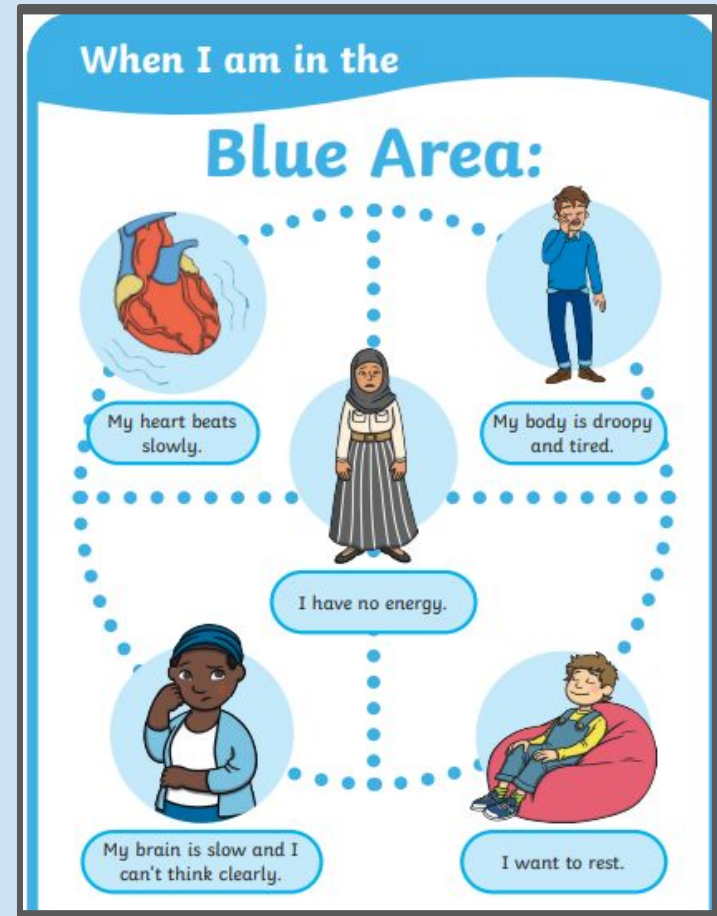
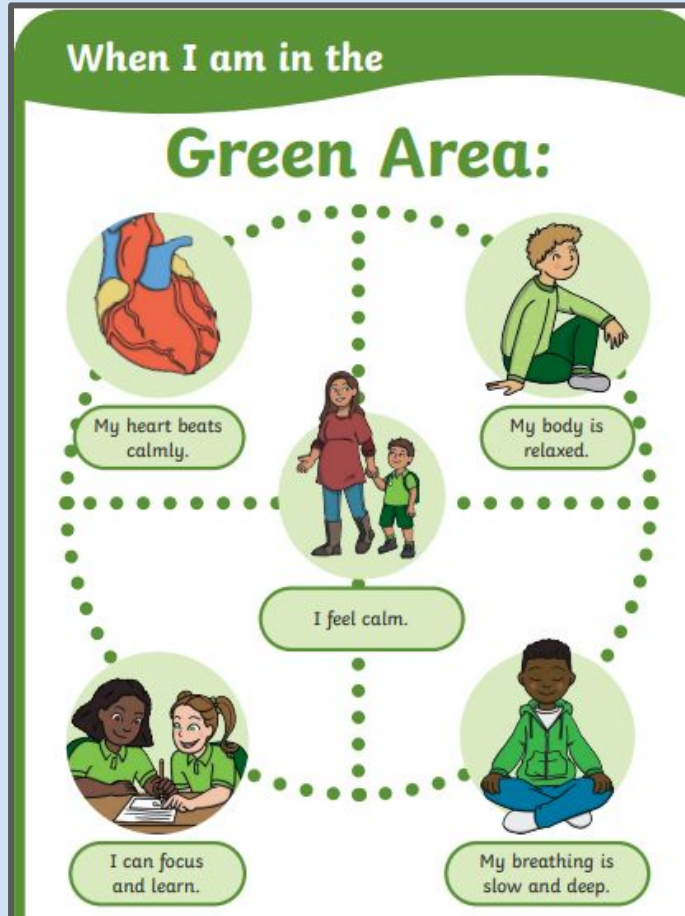
The zones are a way of self-identifying how we are feeling and understand ways that we can change our behaviour to keep in a positive mindset.

It's helpful to think of the zones as traffic lights. Green is 'good to go'; yellow is 'take caution'; red is 'stop and regain control' and blue is like a rest area!

We try and understand how our body may be feeling when we are in each Zone.....



We try and understand how our body may be feeling when we are in each Zone.....



And use tools to help us regulate ourselves to get back to a feeling of calm.

Red Area Tools

- Take a break.
- Take deep breaths.
- Go to a safe place or a quiet zone.
- Stop what you're doing.
- Ask for help.
- Use a fidget object, like a stress ball.
- Talk about your feelings.
- Wrap your arms around yourself and give yourself a squeeze.
- Burst some bubble wrap.
- Scribble on scrap paper, scrunch it up into a ball and throw it in a bin.

Yellow Area Tools

- Take time out.
- Take some deep breaths.
- Talk to somebody.
- Count to 20.
- Draw a picture.
- Squeeze something, like a cuddly toy.
- Concentrate on feeling the ground under your feet.
- Do some yoga stretches.
- Listen to some calming music.
- Blow bubbles.

Blue Area Tools

- Stretch.
- Talk to somebody.
- Take a walk.
- Stand up.
- Close your eyes.
- Swing or rock gently.
- Do some wall push-ups.
- Stretch up high with your hands and then stretch down to your toes.
- Do some star jumps.
- Walk on your tiptoes.

Green Area Tools

- Drink water.
- Have a healthy snack.
- Have enough sleep.
- Have sensory breaks.
- Have movement breaks.
- Have brain breaks.
- Do mindfulness activities.
- Do yoga stretches.
- Do PSHE (personal, social, health and economic) lessons.
- Have circle time.

We think about how we would apply the Zones of Regulation in different real-life scenarios that we may encounter.

What would you do if...



if you had to go to the dentist after school?

How would you feel?

What would you do if...



you fell over and cut your knee?

How would you feel?

What would you do if...



you're at school, it's lunchtime and you realise you've forgotten your lunch?

How would you feel?

What would you do if...



you could not sleep?

How would you feel?