

ZONES OF REGULATION





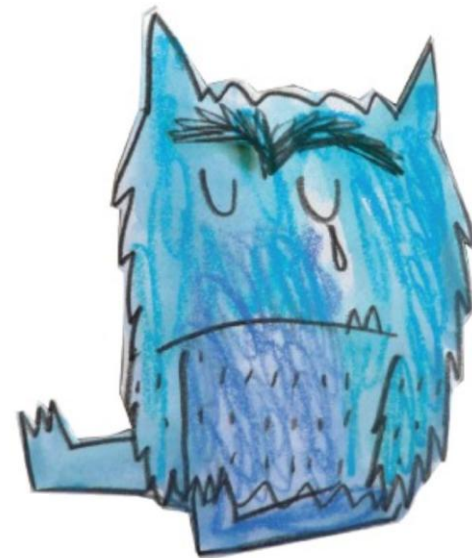
HAPPY



AFRAID



SAD



CALM



ANGRY



ZONES OF REGULATION

How Does it Work?

The zones of Regulation are a framework designed to help individuals, especially children, develop self-regulation skills and emotional control.

The Zones of Regulation provide a common language for people to express and understand their emotions, as well as tools and strategies to help them move between zones. The goal is to help individuals recognise and regulate their emotions, leading to improved self-control, social interactions, and overall well-being.

The framework categorises emotions and states of alertness into four colour-coded zones, each representing a different level of emotional regulation.

The ZONES of Regulation

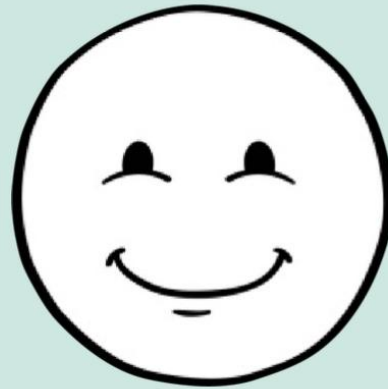
			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

I feel happy, focused, and ready to learn

Green Zone

**How I Look
Or Act**

- **I sit up straight.**
- **I see and hear everything clearly.**
- **I smile and respond politely.**



**Needed
Action**

Good to Go

Green Zone: I am Ready to Go

I feel..



Focussed



Learning



I can try to..



Help a
Friend



Play



Read



Drink
Water

I feel sad, tired, sick or bored

Blue Zone

How I Look
Or Act

- I slouch and sigh.
- I yawn with eyes half-closed.
- I move slowly.



Needed
Action

Moving Slowly

Blue Zone: I am Moving Slowly

I feel..



Tired

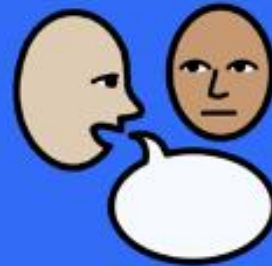


Sick



Bored

I can try to..



Talk



Walk



Hug



Move

I feel stress, anxiety, excitement, or silliness

Yellow Zone

How I Look
Or Act

- I squirm and fidget in my seat.
- I cannot pay attention.
- I frown and seldom talk.



Needed
Action

**Starting to Lose
Control**

Yellow Zone: I am Losing Control

I feel..



Worried



Nervous



Silly

I can try to..



Move



Ask for help



Count to 10



Fidget Toys

I feel mad and angry

Red Zone

**How I Look
Or Act**

- I glare and my eyebrows are furrowed.
- I scream or yell.
- I stomp angrily.



**Needed
Action**

**Out of Control -
Use Strategies to
Calm Down**

Red Zone: I am Out of Control

I feel..



Frustrated



Heartbroken



I will try to..



Stop



Breathe



Use a safe
space



Be Alone

— All the —
ZONES
— are —
OK

ZONES OF REGULATION

Key Points:

- Start of a conversation
- Name & validate feelings
- Toolkits are unique
- Use what works for you
- Zones change regularly
- All zones are ok