

The ZONES of Regulation®

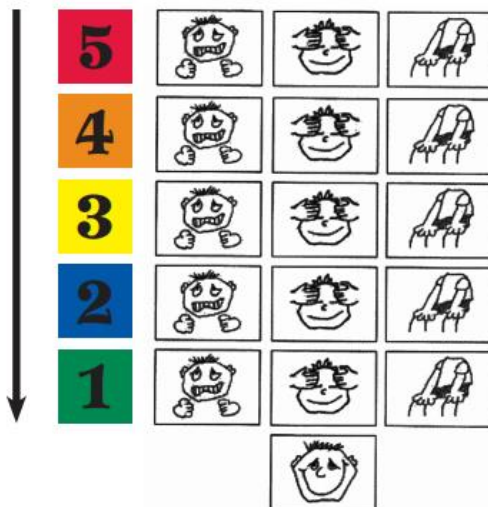
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

What is zones of regulation?

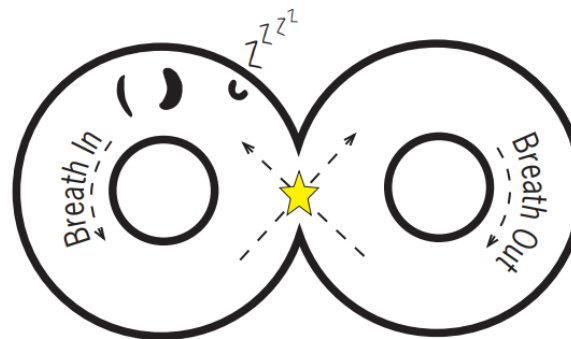
- Children will develop an emotional vocabulary and be able to categorise their emotions into 'zones.'
- Children develop an appreciation that feeling in the green zone will help them focus and work and interact more positively.
- They will learn that it is ok to have uncomfortable, difficult feelings. Recognising these helps you have control over them and avoid behaviours that others find unexpected or uncomfortable.
- Children will learn that the way they behave influences how other people think and feel about them.
- They will develop a toolkit which helps them regulate their emotions and cope better.

Below are some of the calming techniques we are using school wide to help us get into the green zone.

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



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.

The Six Sides of Breathing

