

## The Zones of Regulation Programme

The Zones of Regulation programme is a curriculum designed to foster self-regulation and emotional control. There are four zones to describe how your brain and body feels; blue, green, yellow and red. It is important to note that everyone experiences all of the zones at one time or another; the Red and Yellow Zones are *not* the “bad/naughty” zones.

These are the four zones to describe how your brain and body feels:



### The Blue Zone

When you're in the blue zone, your body is running slow.

Tired, sick, sad, bored

### The Green Zone

When you're in the green zone, like a green light, is when you are 'good to go'.

Happy, calm, focused

### The Yellow Zone

When you're in the yellow zone, proceed with caution and slow down. You start to lose control.

Frustrated, silly, excited,  
worried, anxious, surprised

### The Red Zone

When you're in the red zone you are out of control, having trouble making good decisions and need to STOP.

Terror, aggression,  
uncontrolled anger, elation

Zones of Regulation –therapy block outline to carry out at home.		
Target	Resources (as well as any other ideas!)	Date target achieved
I can put appropriate emotions in the zones using pictures, photos, and word descriptions. (This target could take hours, weeks or months to achieve. Please continue to model if child is struggling)	Use a cut out of the zone colours (red piece of paper, yellow, blue and green). Matching pictures, photos, <u>emojis</u> and/or words, reproducible C. Which zone to <u>they</u> belong in?	
I can recognise that different situations change people’s zones.	Watch some clips on you tube with characters (such as a clip from a soap opera or a favourite TV programme). Watch how the characters can be in the green zone and very quickly change to being in the yellow or red zone. What to people to do bring themselves back to the green zone?  How does someone raise their levels so that they move from the blue zone to the green zone?	
I can recognise my face and body clues of different zones	Draw a picture or get a grown up to take a photo of you either acting out being in different zones or when you are actually in a particular zone. Look at the photo and make a list of what you can see your body doing. How do you feel when you are in certain zones?	
I can track my zones across the day	My zones across the day	
I will practise different tools I can use to change what zone I am in.	Calming sequences. Think about what helps you to calm down? Try the lazy 8 and the 6 sides breathing techniques. Going for a walk, playing with play <u>doh</u> , listening to music, drawing a picture, sitting in a quiet room. Can you think of any other ideas?	

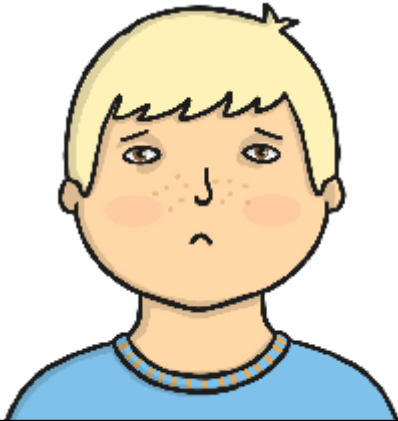
	Also think about what helps you to raise your levels of alertness when you are in the blue zone. Drinking some <u>water?</u> , doing a dance?.	
I will choose different tools that help me to change what zone I am in.	Use the toolbox sheet to choose what tools help you to calm down.	

## Reproducible C – emotion pictures

<b>Excited – Yellow</b>	<b>Scared – yellow</b>	<b>poorly – Blue</b>	<b>Calm - green</b>
<b>Depressed – blue</b>	<b>Annoyed – yellow</b>	<b>sad – blue</b>	<b>concerned - yellow</b>
<b>Confused – yellow</b>	<b>Grumpy – yellow</b>	<b>worried – yellow</b>	<b>terrified – red</b>
<b>Happy – green</b>	<b>furious – red</b>	<b>cold – blue</b>	<b>Elated –red</b>
<b>Embarrassed – yellow</b>	<b>Exhausted – blue</b>	<b>Surprised – yellow</b>	<b>tired - blue</b>
<b>Shocked – yellow</b>	<b>Upset – blue</b>	<b>bored – blue</b>	<b>nervous - yellow</b>



Excited



Depressed



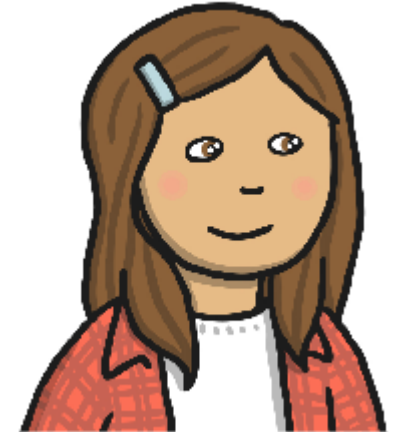
Confused



Scared



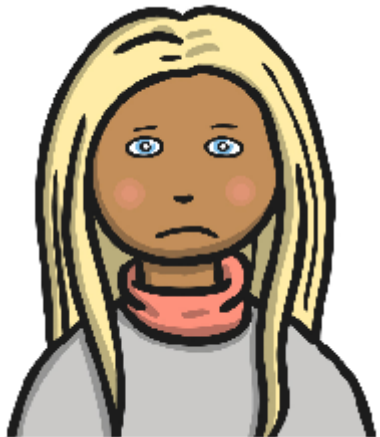
Poorly



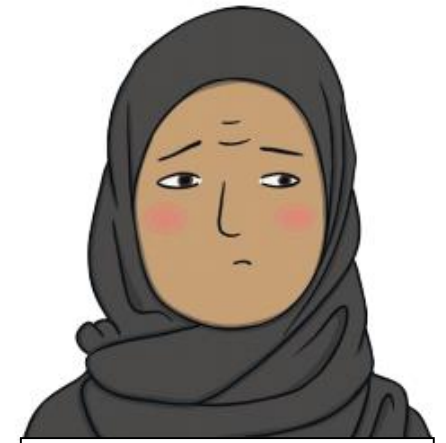
Calm



Annoyed



Sad



Concerned



Grumpy



Worried



Terrified



Happy



Furious



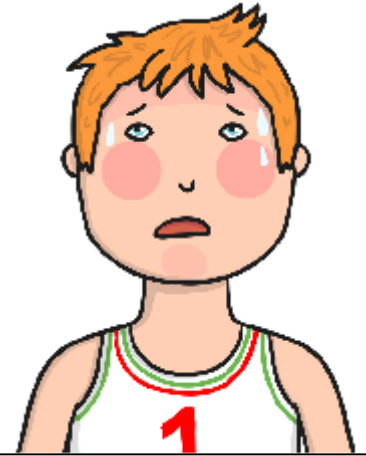
Cold



Elated



Embarrassed



Exhausted



Surprised



Tired

TI



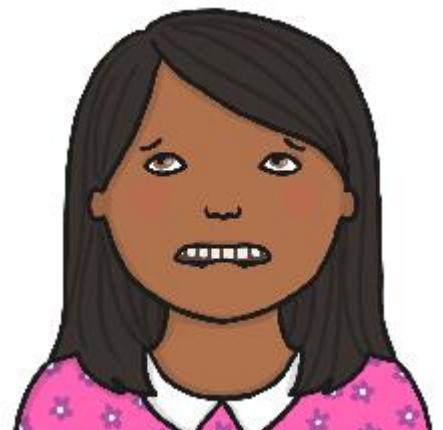
Shocked



Upset



Bored



Nervous

**This is a picture of me in the Red Zone**



**My face and body clues are**

—

—

—

**I feel in the red zone when -**

**When I am in the red zone it makes other people feel –**

**This is a picture of me in the Green Zone**



**My face and body clues are**

—

—

—

**I feel in the green zone when -**

**When I am in the green zone it makes other people feel -**

**This is a picture of me in the Yellow Zone**



**My face and body clues are**

**—**

**—**

**—**

**I feel in the yellow zone when -**

**When I am in the yellow zone it makes other people feel -**

**This is a picture of me in the Blue Zone**



**My face and body clues are**

—

—

—

**I feel in the blue zone when -**

**When I am in the blue zone it makes other people feel -**



Low states of alertness  
and down feelings

Sad  
Tired  
Sick  
bored

A calm state of alertness.  
This is the zone where  
optimal learning occurs.

Happy  
Focused  
Content  
calm  
ready to learn

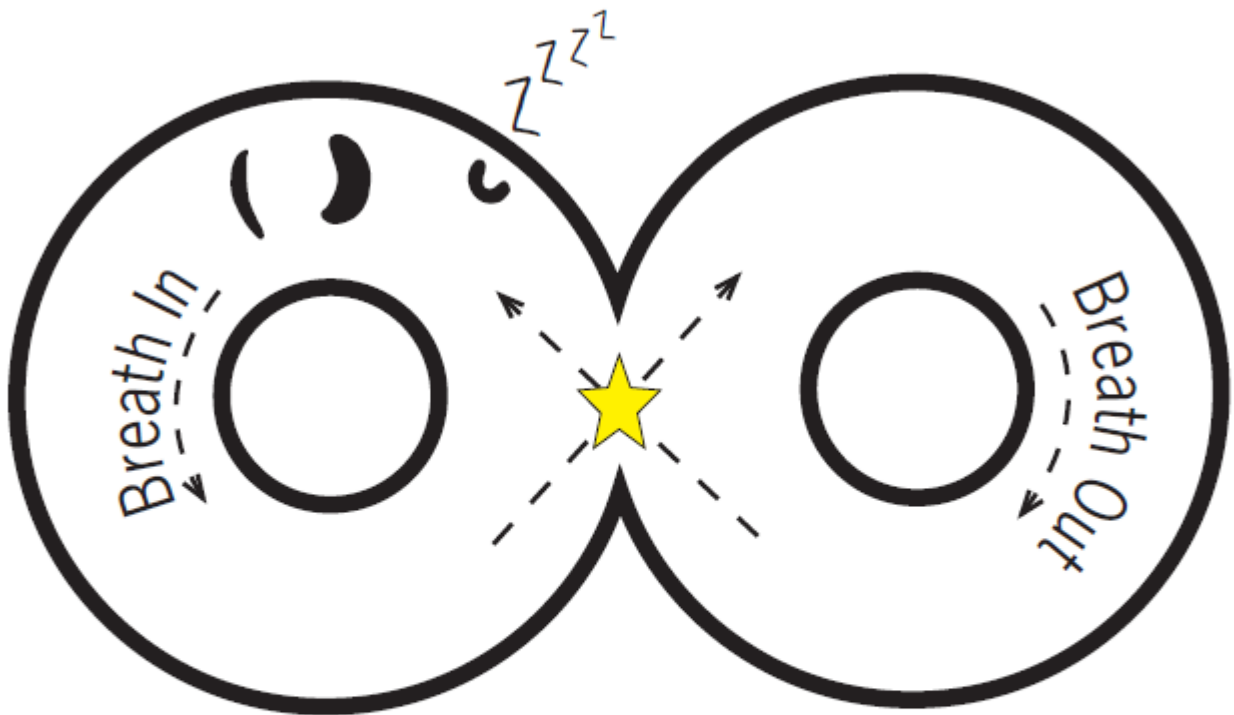
Heightened state of  
alertness and elevated  
emotions, however one  
has more control.

Stress  
Frustration  
Anxiety  
Excitement  
Silliness  
the wiggles  
nervousness

Extremely heightened  
states of alertness and  
intense emotions

Rage  
Elation  
Anger  
Terror  
Devastation  
Rage

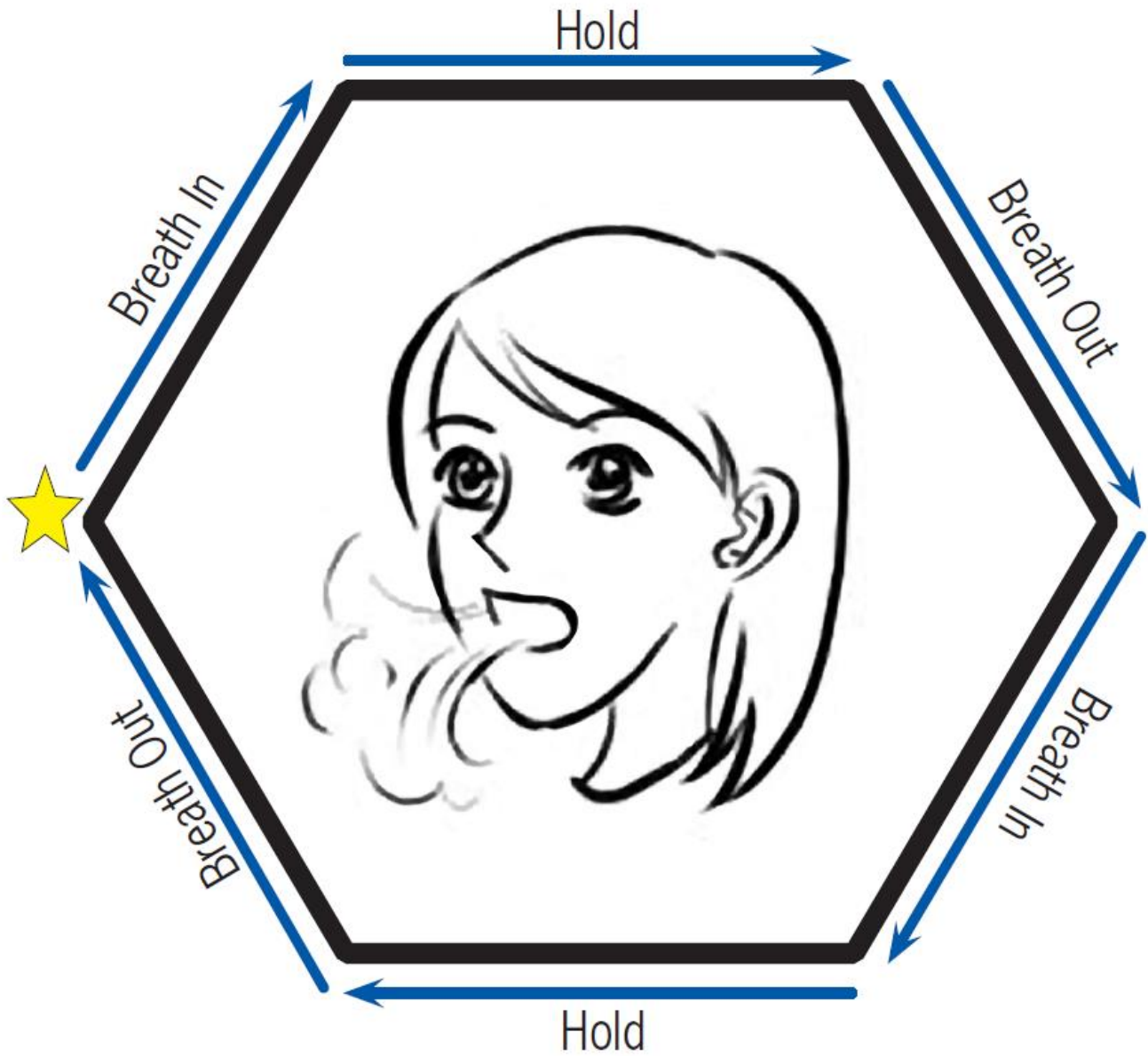
# Lazy 8 Breathing



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.



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

## **THE SIX SIDES OF BREATHING**

RED						
YELLOW						
GREEN						
BLUE						
	morning	Break	Lunch	Afternoon	Tea	evening

MY ZONES THROUGHOUT THE DAY

Have a think about what zones you are in throughout the day. Plot it on to the graph above.



My toolbox

