

THE ZONES OF REGULATION

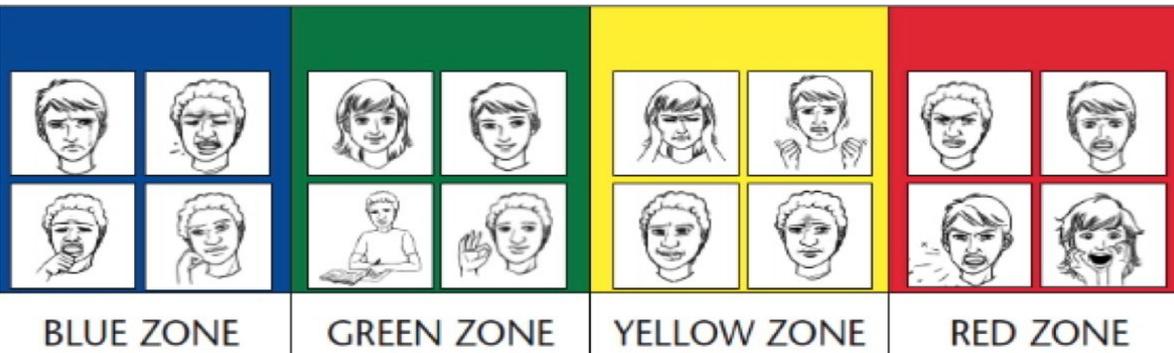
The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones.

BLUE ZONE- your body is running slow, like when you're tired, sick, sad or bored.

GREEN ZONE- like a green light, you feel "good to go". Your body may feel happy, calm and focused.

YELLOW ZONE - when you start to lose control, like when you feel frustrated, anxious, worried, silly or surprised.

RED ZONE-when you experience extreme emotions; feels mad/angry, terrified, yelling/hitting, elated, out of control.



The Goals of the Zones of Regulation

The goals of the zones of regulation are to teach children to:

- identify their feelings and levels of alertness
- develop effective regulation tools
- learn when and how to use the tools
- problem solve positive solutions
- ultimately – develop independent regulation

How can we help children learn self-regulation?

To help children learn self-regulation, we need to work on their:

<p>1</p> <p>EXECUTIVE FUNCTIONING</p> <p>Memory, planning and behavior inhibition</p>	<p>2</p> <p>EMOTIONAL REGULATION</p> <p>Modulating our behavior in a situation</p>	<p>3</p> <p>SENSORY INTEGRATION</p> <p>Sensory Processing- receiving and use of it</p>
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The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

The ZONES of Regulation®

BLUE ZONE
 Emotions: Worried, Hurt, Exhausted, Sick, Tired, Sad

GREEN ZONE
 Emotions: Calm, Good, Proud, Okay, Ready to Learn, Content

YELLOW ZONE
 Emotions: Anxious/Worried, Frustrated, Excited, Shy, Overwhelmed, Scared

RED ZONE
 Emotions: Aggressive, Mean, Terrified, Mad, Angry, Yelling

Blue Zone Tools:
Stretch

Green Zone Tools:
Drink water

Yellow Zone Tools:
Deep breaths

Red Zone Tools:
Take a break

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Tips for Practicing the Zones of Regulation

- Know yourself and how you react in difficult situations before dealing with your child's behaviors.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behavior and use the same language you use at home.
- Empathize with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.