What are the Zones of Regulation?

The Zones of Regulation are a simple and proactive skills-based approach which helps children to talk about and manage their emotions.

This approach will:

- ☑ Provide our children with a common language to talk about their emotions.
- ☑ Give children a framework to develop self-regulation.
- ☑ Support to identify emotions and recognise events that might make them move into a different zone.
- ☑ Equip them with tools and strategies to help them remain in or move to a particular zone.

What are the zones?

Feelings are complicated: they have different intensities and levels of energy. To make it easier to talk about and understand our feelings, The Zones of Regulation organise the emotions into four different coloured zones: blue, green, yellow and red.

Green	Blue	Yellow	Red
Proud	Tired	Stressed	Elated
Calm	Bored	Worried	Angry
Focussed	Sad	Excited	Terrified
Happy	Sick	Silly	Devestated
Content	Fatigued	Frustrated	Panicked

Blue Zone:

This zone includes feelings such as sadness, tiredness, sickness, hurt, loneliness, or boredom. In the blue zone our energy is low and our body is moving slowly. When in the Blue Zone we often need to rest and recharge to meet our goals.

Green Zone:

This zone describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. We feel safe, organized, and connected.

Yellow Zone:

We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles when in the Yellow Zone. In the Yellow Zone we may need to take action to manage our energy and feelings as they get stronger.

Red Zone:

Is a state of extremely high energy and intense or overwhelming feelings. We may be in an extremely heightened state of alertness. Feelings in the red zone include being elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified. When in the Red Zone, we might need to pause to regulate and gain control of our feelings and energy.

We teach the children that everyone experiences all the zones. There are no good or bad zones. In fact, we will all routinely be in different zones at different times during the day. There are times when every zone is helpful. For example, the Blue Zone is helpful at bedtime when you are trying to fall asleep.

Using the zones at home.

You could use The Zones of Regulation in the following ways:

- Speak to your child using the language of The Zones of Regulation.
- Identify your own feelings using zones language in front of your child (e.g. “I’m feeling frustrated because..... , I am in the Yellow Zone.”)
- Discuss which zone a character in a film / book might be in. (e.g. “Owl looks sleepy. I think he is in the Blue Zone.”)
- Label which zones your child is in throughout the day (e.g. “You look sleepy, I wonder if you are in the Blue Zone?”)
- Ask your child which zone they are in.