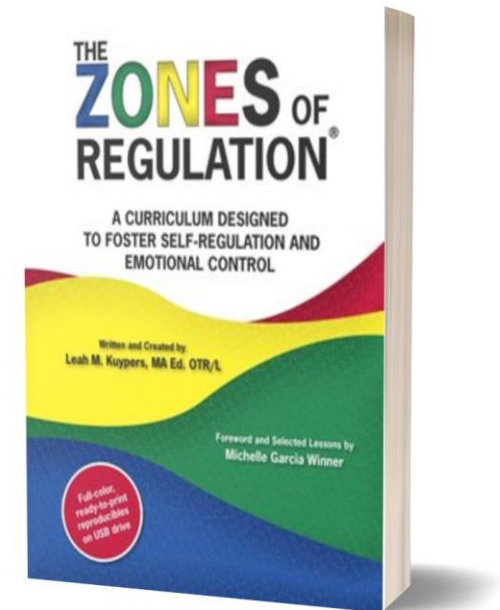


Zones of Regulation - Part 1

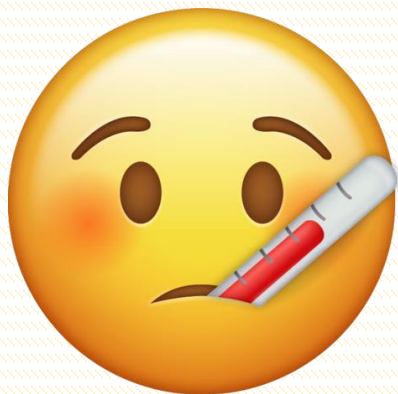
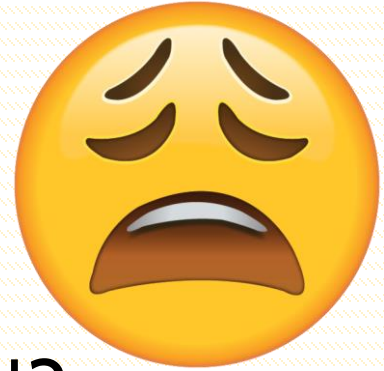


The Zones of Regulation

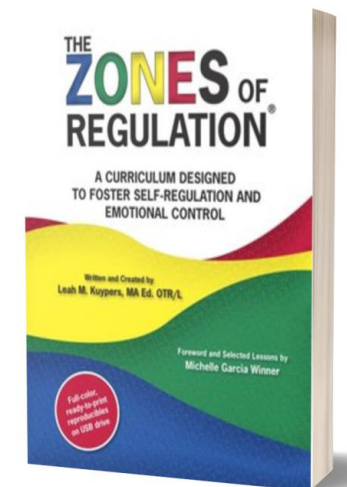
Let's think about our emotions.

Happy, sad, excited, angry.

Can you think of any more emotions you might feel?



It is OK to feel all these different emotions.
The Zones of Regulation helps us to think
about how we can cope, when we feel
emotions that may be tricky for us.



We can categorise our emotions into 4 different zones -

Blue Zone



Yellow Zone



Green Zone



Red Zone



- What do you notice about the Zones?
- Look at the Emojis.
- What do you think each zone means?

Emotions

Sad

Tired

Sick

Bored

Moving slowly

- We are in the Blue Zone when we feel these kind of emotions.
- We may be moving slowly and struggling to focus.
- Can you think of a time you have felt this way?

Coping strategies

Talk to someone

Stretch

Take a brain break

Take a walk

Close my eyes

These are things we can do to regulate our emotions when we are in the Blue Zone – to help us get back to the Green Zone.

When we are in the Green Zone, we are focussed and feeling calm.

Emotions

Happy

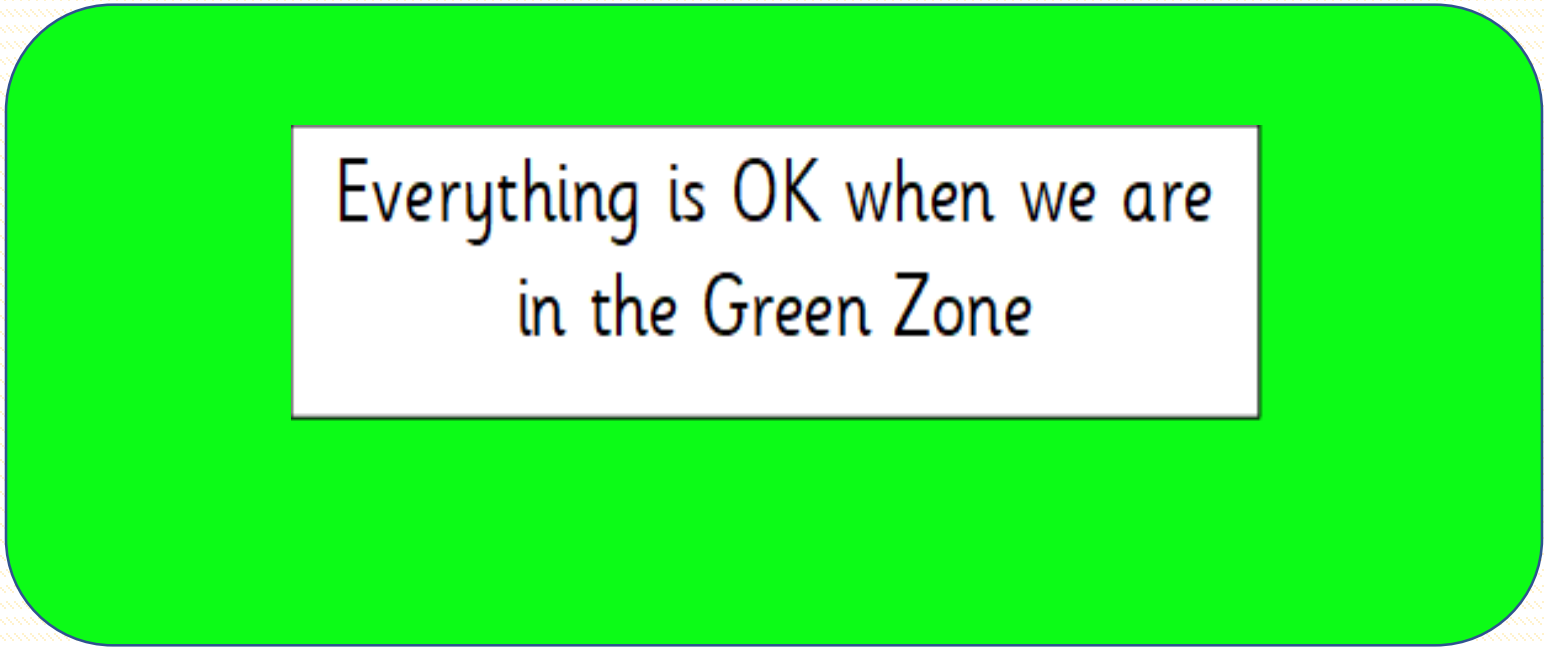
OK

Calm

Focused

Ready to learn

- We are in the Green Zone when we feel these kind of emotions.
- The Green Zone is where we like to be. These emotions feel good.
- Can you think of a time you have felt this way?

A large green rounded rectangle with a thin blue border is centered on a white background. Inside this green rectangle is a smaller white rounded rectangle with a thin black border. The text "Everything is OK when we are in the Green Zone" is centered within the white rectangle.

Everything is OK when we are
in the Green Zone

Emotions

Nervous
Confused

Silly

Worried

Embarrassed

Not ready to learn

- We are in the Yellow Zone when we feel these kind of emotions.
- We may start to lose control of our actions when we are in the Yellow Zone.
- Can you think of a time you have felt this way?

Coping strategies

Talk to someone

Count to 20

Take deep breaths

Squeeze something

Take a brain break

Draw a picture

These are things we can do to regulate our emotions when we are in the Yellow Zone – to help us get back to the Green Zone. When we are in the Green Zone, we are focussed and feeling calm.

Emotions

Angry
Terrified
Elated
Out of control

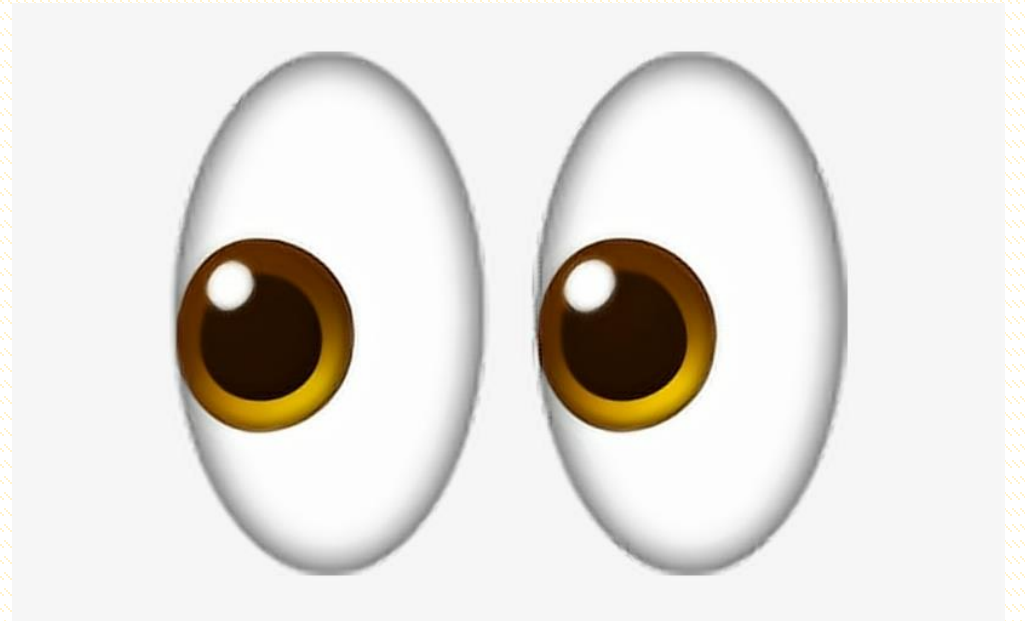
- We are in the Red Zone when we feel these kind of emotions.
- In the Red Zone we lose control of our actions.
- Can you think of a time you have felt this way?

Coping strategies

Stop and think
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

These are things we can do to regulate our emotions when we are in the Red Zone – to help us get back to the Green Zone. When we are in the Green Zone, we are focussed and feeling calm.

The adults in school might notice
when you are not in the Green Zone.
How might they notice this?



The adults in school might advise you to do one of the
Coping Strategies.

Or, when you notice that you are not in the Green Zone,
you can choose a coping strategy that will help you.



How can the Zones of Regulation help you?



The Blue Zone



How might you feel?

Sad
Tired
Bored
Moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Take a walk
Close my eyes
stand

The Green Zone



How might you feel?

happy
Ok
Focused
Ready to learn

How can you stay here, and help others get in the green zone too?

You've made it to the green zone! Have a look around, can you help anyone else get here too? You could be a good listener, do something kind, offer someone help and lots more.

The Yellow Zone



How might you feel?

Nervous
Confused
Silly
Not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The Red Zone



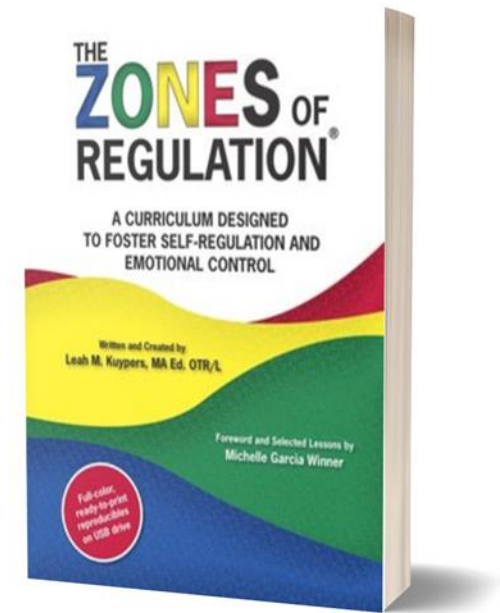
How might you feel?

Angry
Frustrated
Scared
Out of control

What might help you?

stop and think
make sensible choices
take deep breaths
ask for a break
find a safe space
ask for help

Zones of Regulation – Part 2



Our actions and words can affect how people around us feel. We can put our behaviour into 2 categories -



Expected behaviour	Unexpected behaviour



What do you think expected behaviour looks like –

- In a classroom?
- On the playground?
- In the dinner hall?
- In the corridor?



Expected behaviour makes other people feel comfortable.

People will be happy to spend time with us when our behaviour is expected.



What do you think unexpected behaviour looks like –

- In a classroom?
- On the playground?
- In the dinner hall?
- In the corridor?



Unexpected behaviour makes other people feel uncomfortable.
People will not be happy to spend time with us when our behaviour is unexpected.

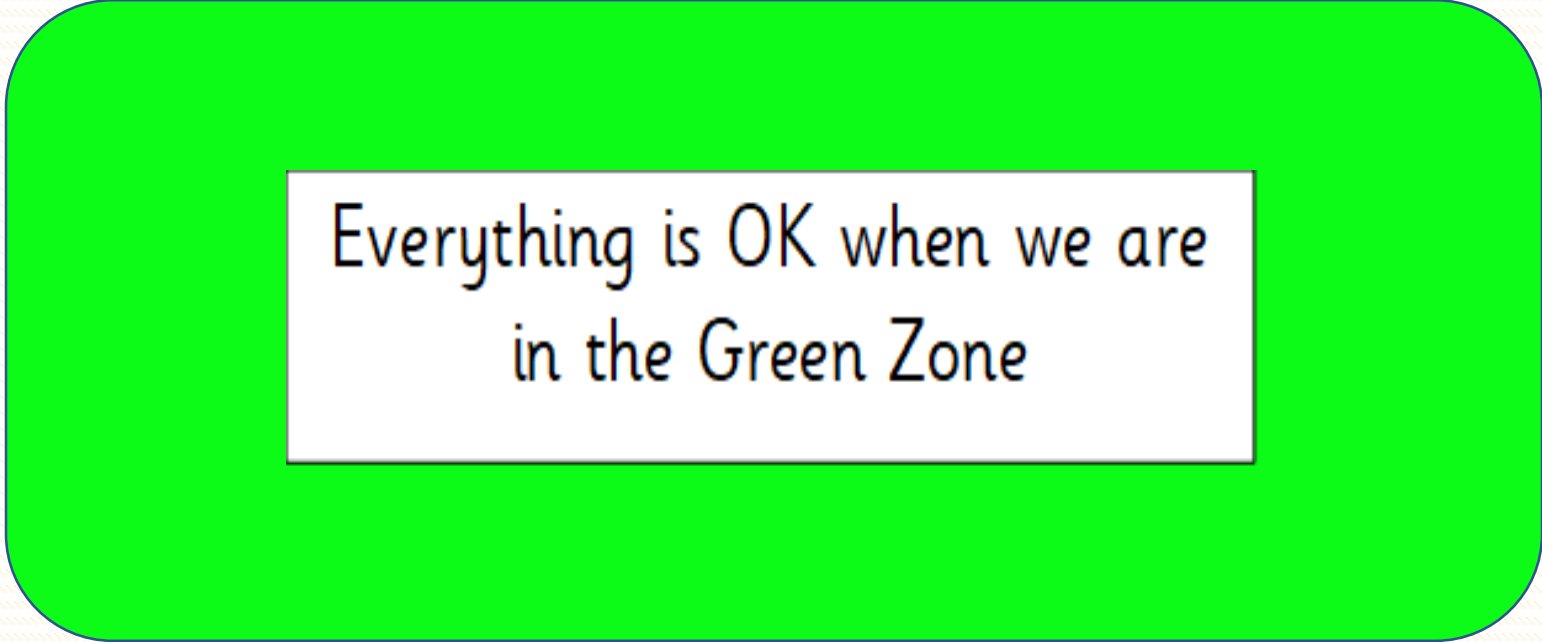


Our actions and words can affect how
people around us feel.
Our behaviour affects which Zone's the
people around us are in.

How might the people around you
feel if you are showing

- expected behaviour
- unexpected behaviour

We are more likely to show **expected behaviour** when we are in the Green Zone. That is why it is important to regulate our emotions.



Everything is OK when we are
in the Green Zone

How can the Zones of Regulation help you?



The Blue Zone



How might you feel?

Sad
Tired
Bored
Moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Take a walk
Close my eyes
stand

The Green Zone



How might you feel?

happy
Ok
Focused
Ready to learn

How can you stay here, and help others get in the green zone too?

You've made it to the green zone! Have a look around, can you help anyone else get here too? You could be a good listener, do something kind, offer someone help and lots more.

The Yellow Zone



How might you feel?

Nervous
Confused
Silly
Not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The Red Zone



How might you feel?

Angry
Frustrated
Scared
Out of control

What might help you?

stop and think
make sensible choices
take deep breaths
ask for a break
find a safe space
ask for help