

THE ZONES OF REGULATION

This curriculum, by Leah M. Kuypers, teaches students to use strategies or tools to help them move between zones. The Zones of Regulation categorizes states of alertness and emotions into four colored zones. It is important to know that it's fine for students to experience all of these emotions while they're at school or at home. There is no bad zone, but it is important to learn and use strategies that would help students get to the Green Zone.

What are the Zones of Regulation?

(These are the Zones as explained by Leah M. Kuypers)

The Blue Zone

The Blue Zone is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored. This is when one's body and/or brain is moving slowly or sluggishly.

The Green Zone

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

The Yellow Zone

The Yellow Zone is also used to describe a heightened state of alertness; however, a person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The Yellow Zone is starting to lose some control.

The Red Zone

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behavior, panic, terror, or elation when in the Red Zone. Being in the Red Zone can best be explained by not being in control of one's body.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is "good to go". A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is in the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.

Strategies at Kate Smith

In the classroom, students are provided with a Classroom Calm Down Kit to help them regulate their bodies and get back to the green zone. Some of the tools included are mind jars, pinwheels, slime/play dough, stress balls, motion bubble timers, and mandalas.

We also created a visual to help remind students how to ask for these tools from their teacher. These calm down strategies are meant to take no more than 5-10 minutes.

Using the Zones of Regulation at Home

While it's not mandatory to use this program at home, children may become very interested in using this outside of school. If you are interested in using the strategies at home they can be easily implemented. You could hang up the four Zones poster and strategy board (shown below). You can create an area in your home called a "Zen Den" and include a bean bag chair for your child to rest, meditation drawing mandalas, a calming jar, books, and a yoga mat and yoga position cards. You can practice identifying which emotions belong on each zone, talking about The Zones frequently and in different environments, and encouraging your child to identify which zone they're in.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

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

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<div style="text-align: center;">  <p>Blue Zone <u>Tools:</u> Rest Stop</p> <ul style="list-style-type: none"> • Take a break. • Think happy thoughts. • Talk about your feelings. • Ask for a hug. • Draw a picture </div>	<div style="text-align: center;">  <p>Green Zone <u>Tools:</u> Go Time</p> <ul style="list-style-type: none"> • Complete your work. • Listen to the teacher. • Remember your daily goal. • Think happy thoughts. • Help others. </div>
<div style="text-align: center;">  <p>Yellow Zone <u>Tools:</u> Slow Down</p> <ul style="list-style-type: none"> • Take a break. • Talk to the teacher. • Squeeze my stress ball. • Go for a walk. • Take three deep breaths. </div>	<div style="text-align: center;">  <p>Red Zone <u>Tools:</u> Stop</p> <ul style="list-style-type: none"> • Take a break. • Squeeze my stress ball. • Take three deep breaths. • Count to ten. • Talk about my problem. </div>