

Zones of Regulation

In school we practise using the Zones of Regulation.



The Zones of Regulation is a programme that we have adapted across the school to help our children understand how they are feeling and then understand what they should do with the feeling.

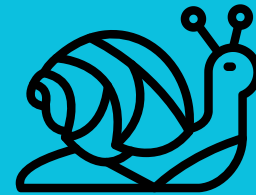


The Zones of Regulation help us to understand our emotions by grouping them into the colours of traffic signs.



When we are in the blue zone it is hard to get going. That is because we need a rest or a change.

I feel tired in the morning.



Blue Zone

Sad

Sick

Tired

Bored

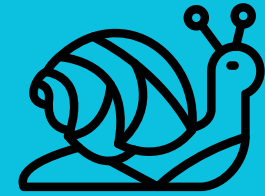
Moving Slowly

What makes you feel sad?

How can you help yourself
be more awake?

If you feel poorly who do
you tell?

Share your ideas with an
adult.



Blue Zone

Sad

Sick

Tired

Bored

Moving Slowly

When we are in the
green zone we feel
good.



We are ready to learn.
We can share and help
others.



We are ready to Go!



Green Zone

Happy
Calm
Feeling Okay
Focused
Ready to Learn



What makes you feel
calm and happy?

Tell your adult.

I am always calm when I
have had my breakfast in
the morning and I am
looking forward to
something happening that
day.

Green Zone

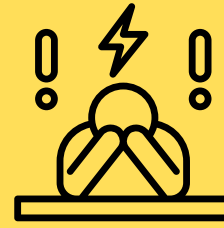
Happy
Calm
Feeling Okay
Focused
Ready to Learn

Being in the yellow zone is a sign to pay attention to your body and how you are feeling.

You might be hungry.

You might be too hot.

You might be finding your work hard. It might be too noisy.



Yellow Zone

Frustrated

Worried

Silly/Wiggly

Excited

Loss of some control

We might begin to feel this way in our bodies.

Body sensations



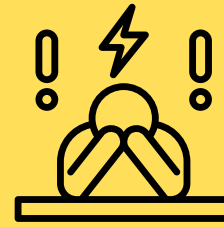
Tell your adult when you have felt that way.

What did you do?

Did you eat?

Did you go for a walk?

Did you ask for help?



Yellow Zone

Frustrated

Worried

Silly/Wiggly

Excited

Loss of some control



Red Zone

Mad/Angry

Terrified

Yelling/Hitting

Elated

Out of Control

It is ok to feel angry or upset. The important thing is to pay attention to how we are feeling and stop what we are doing. We need to give ourselves time-out, like practising breathing.