



Welcome!

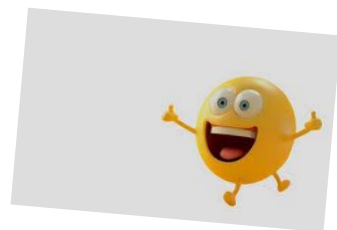
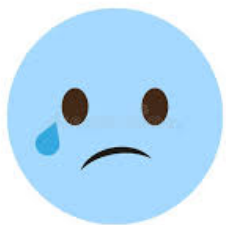
- Please help yourself to tea or coffee and a biscuit
- Have a chat!



The **ZONES** of Regulation[®]



How do you feel this morning?



What are the zones?

- A concept used to help self regulate your feelings
- The Zones of Regulation helps to categorise how your body feels and explain your emotions. The four coloured zones help you to do this.
- The Zones framework provides strategies to become more aware and independent in controlling emotions and impulses.
- It also improves your ability to problem solve conflicts and helps you to stay in the right zones.



What do the **ZONES** of Regulation® do?

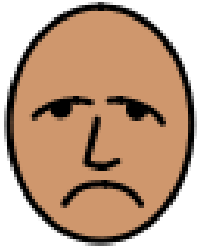
- **The ZONES are designed to help YOU self regulate by recognising when you are in different zones and how to use strategies to change or stay in the zone you are in.**
- **Self-regulation can go by many names, such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.**
- **For example, when you play on the playground, it is beneficial to have a higher state of alertness, however, that same state would not be appropriate in say the classroom learning. So, it is important children all become aware of the different zones and when it is appropriate to be in that zone.**

What are the zones?

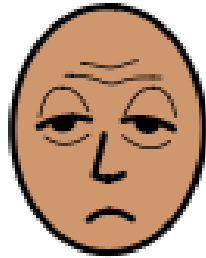
<https://www.youtube.com/watch?v=zZ9X-d3oZvQ>

Blue Zone

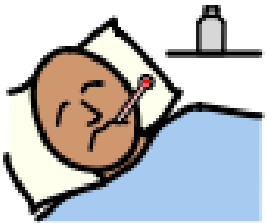
- Your body is running slow



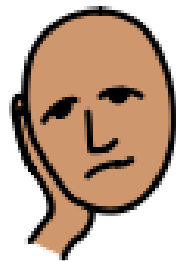
sad



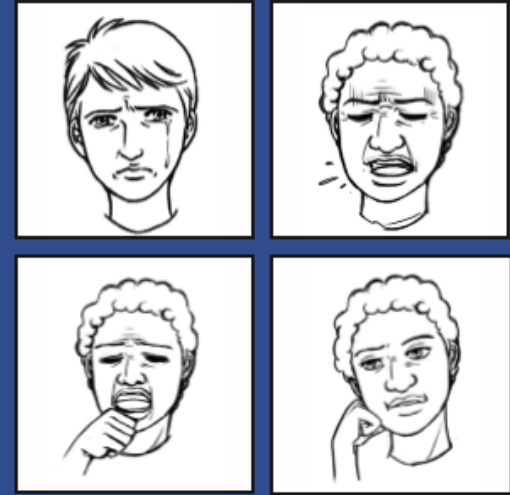
tired



unwell



bored



BLUE ZONE

Sad

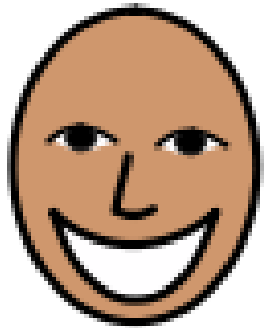
Sick

Tired

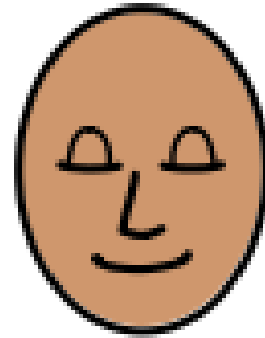
Bored

Moving Slowly

Green Zone



happy



calm



focused



relaxed



GREEN ZONE

Happy

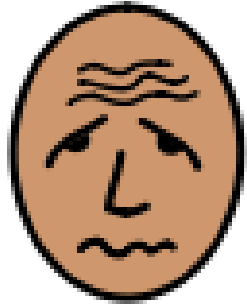
Calm

Feeling Okay

Focused

Ready to Learn

Yellow Zone



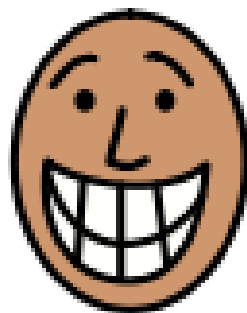
nervous



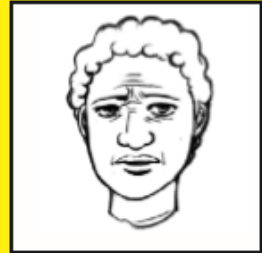
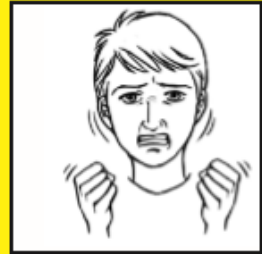
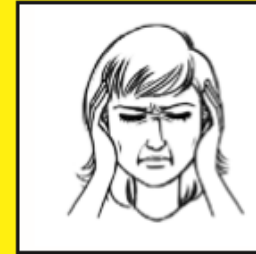
upset



embarrassed



excited



YELLOW ZONE

Frustrated

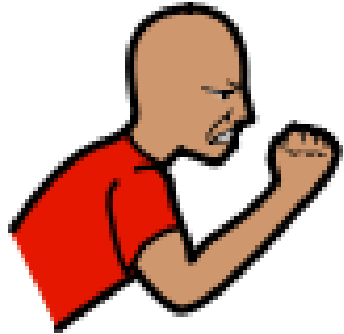
Worried

Silly/Wiggly

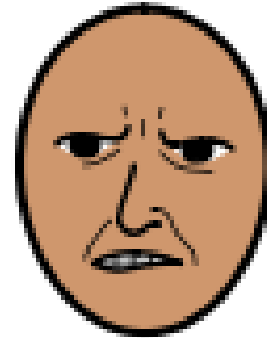
Excited

Loss of Some Control

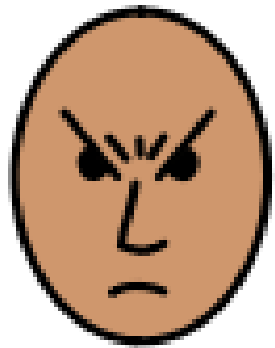
Red Zone



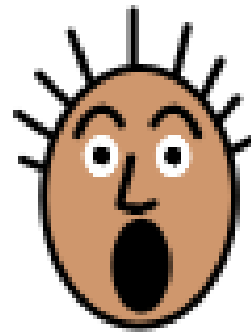
aggressive



mean



angry



terrified



RED ZONE

Mad/Angry

Terrified

Yelling/Hitting

Elated

Out of Control

How can we make the ZONES useful to us?

- We can all learn the Zones properly by doing the following:
- Use our colour language to tell others how we are feeling. Talk about the ZONES as we can apply them in a variety of environments, at home and school, using the consistent language
- Make it part of our everyday dialogue with each other, teachers and parents too! The more we hear about the ZONES, the more chance we will use them to help us self regulate our emotions!
- Talking about our emotions is important, so we all understand it is natural to experience different zones. It's good to talk to others about the strategies that can be used to regulate your emotions. For example I might say if I can't do something , "This is really stressing me out, I am feeling Yellow. I need to take some deep breaths and calm down."

What triggers the zones?

- An Emotional Trigger is a response to a person, situation, event, dialogue, reading, film etc, that provokes a strong emotional reaction in you.
- Often you are not self aware when you are triggered and fall into reacting quickly, so the zones help you to think about any triggers that get a strong emotional response from you.

ZONES TRIGGERS

Triggers are things (or thoughts) that move you out of the Green Zone.

Write your triggers on the caution sign.

schedule change

CAUTION!
TRIGGERS AHEAD

When you are aware of your triggers, you can learn to use tools and strategies to control them!

THE **ZONES** OF REGULATION™

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Social Thinking™

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- What can trigger how we feel and what zone we are in?

TRIGGERS & COPING
Write down your top 10 anger triggers. Identify healthy coping skills for each one!

ANGER TRIGGERS	COPING SKILLS

- We can start to think about what could put us in a zone- A trigger can be something that makes us feel an emotion that we might necessary not want to feel.

- For example: a trigger for someone feeling yellow could be when they are tired. In that situation it may be that person feels like they can't cope, lose patience and get snappy and short with people. A coping strategy may be a hot bath and a good nights sleep which will put them back in the green zone.

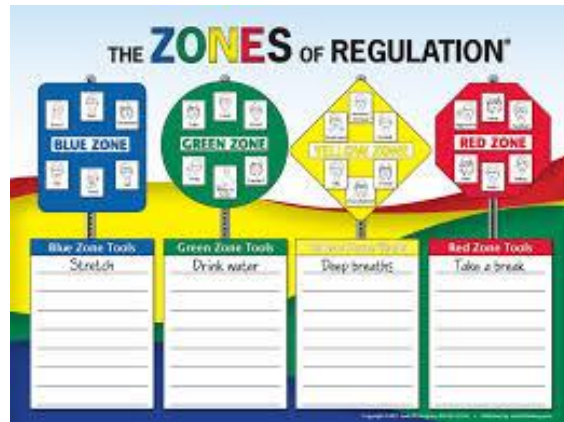
- Have a think either about yourself or your child – what are your triggers and can cause you to end up in a zone?



And remember.... there is no such thing as a bad **ZONE!**

- **It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones.**
- **We must all try and think about what could make us when we end up in a zone.**
- **We must all start to think about what coping skills/strategies we have to get us back into the Green zone!**
- **Most importantly, we encourage teachers and pupils to support others when they are feeling Yellow/Red as the opportunity to do this could in itself be a coping skill!**

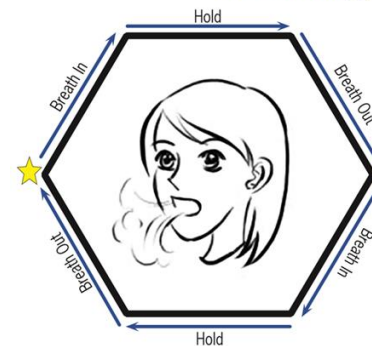
What can help when we are in the different zones?



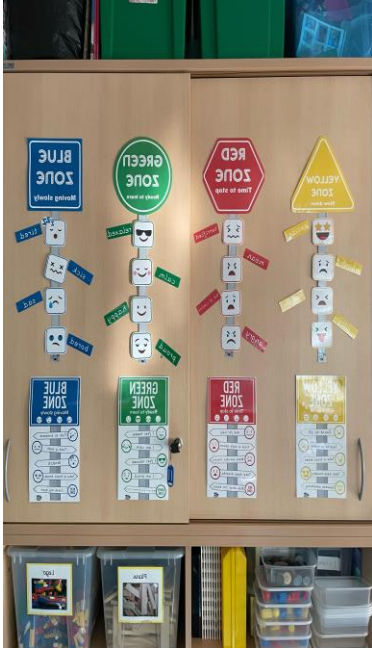
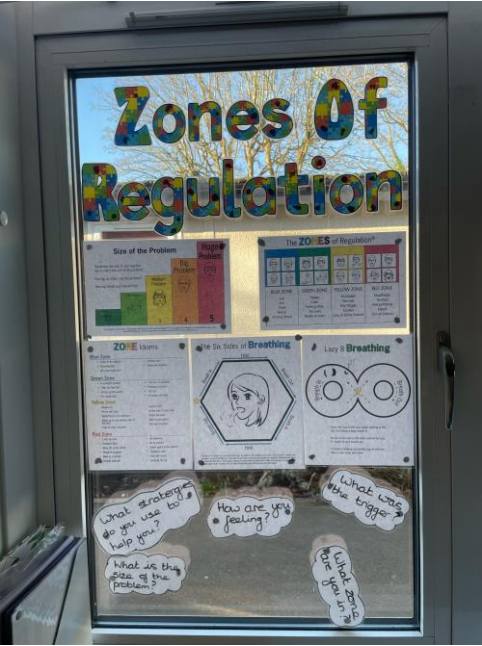
Different things can help different people.



The Six Sides of **Breathing**

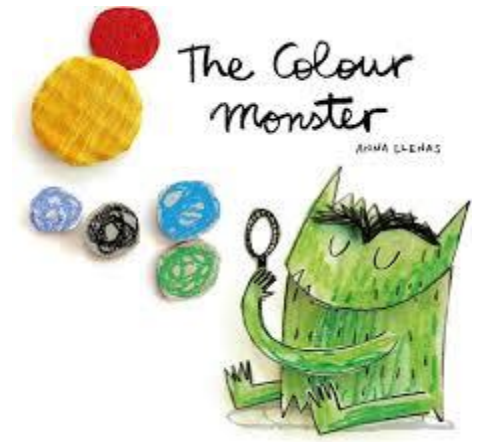


This is what the ZONES look like in our classrooms.



The **ZONES** of Regulation[®]

Reception Class



SAD



HAPPY



CALM



ANGRY

Moving forward...



- We are hoping to put up posters to support regulation around the school, outside in the corridors and maybe in the playground as somewhere for children to go to self regulate
- This may just be posters with breathing exercises, physical exercises to do; such as star jumps or wall presses

Something to share with your children...



<https://www.youtube.com/watch?v=wIRVklZXicM>