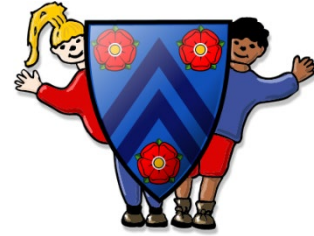


The ZONES of Regulation®

Parents Information Evening
22nd March 2021

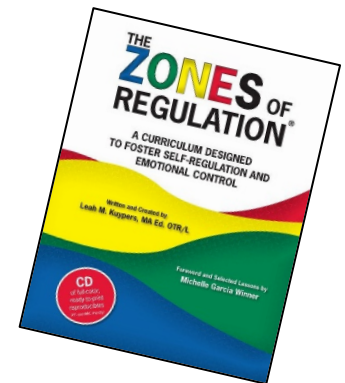


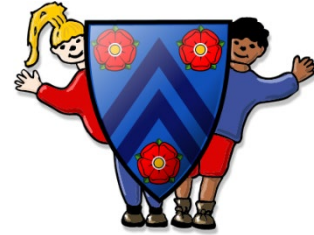
What are the Zones of Regulation?

Created by Leah Kuypers in 2011.

A complete social-emotional learning curriculum, designed to teach children self-regulation and emotional control.

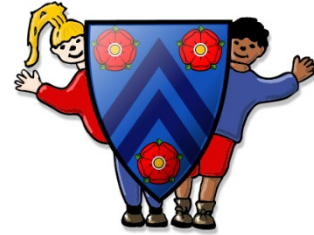
This program teaches a variety of social-emotional skills to children, starting with early emotional skills and advancing on to self-regulation and navigating social situations.





Skills taught during The Zones of Regulation:

- Identifying your emotions by categorizing feelings into four zones.
- Self-regulation: Achieving the preferred state of alertness (Zone) for a situation. This is all about regulating your body and emotional regulation.
- Identifying triggers: Learning what makes you “tick” and why.
- Coping strategies: Various techniques and strategies that help achieve emotional regulation and manage strong emotions.
- Size of the problem: Introduces the idea that the size of your reaction should match the size of your problem, how to identify the size of your problem, and strategies for problem-solving.
- Expected behaviour vs unexpected behaviour: This also covers perspective taking and how *your* behaviour affects the thoughts and feelings of the people around you.



The Importance of Recognising Emotions

It's so important for children to learn how to recognise their own emotions but many parents/carers may overlook the fact that their child is struggling with this skill.

For example, your child recognises they're angry because whenever they get mad, their heart races. So – they feel their heart race and the result is an angry outburst. **Red zone.**

BUT – Fear **also** causes our heart to race.



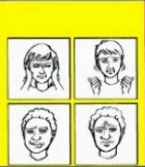

If your child isn't able to recognise the other sensations that happen when they're both afraid and angry then they'll react angrily when they're actually scared – and they won't understand what's happening or how to regulate that emotion.

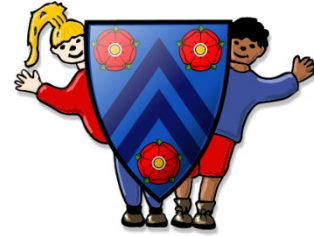
The Zones of Regulation can help teach children all of the physiological sensations they feel in response to different emotions.

When children fully understand **what** they're feeling, they can make sense of, and regulate their emotions much better.



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 Mean Terrified Yelling/Hitting Out of Control



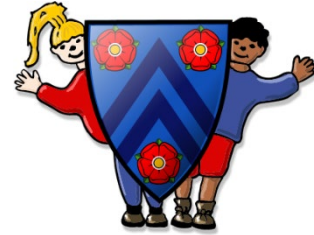
The Zones Colours

The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorize it based on colour.

The curriculum also helps children better understand their emotions, sensory needs, and thinking patterns.

They learn different strategies to help them cope and manage their emotions based on which colour zone they're in.

Additionally, the Zones of Regulation helps children recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people.



The Green Zone

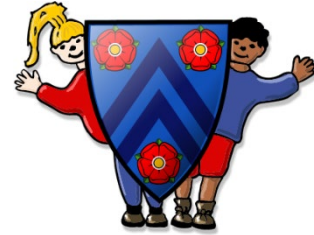
The green zone is used to describe when you're in a **calm state** of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn.

This is predominantly the state you *want* your child to be in.

It's also the state most needed in the classroom in order to learn.





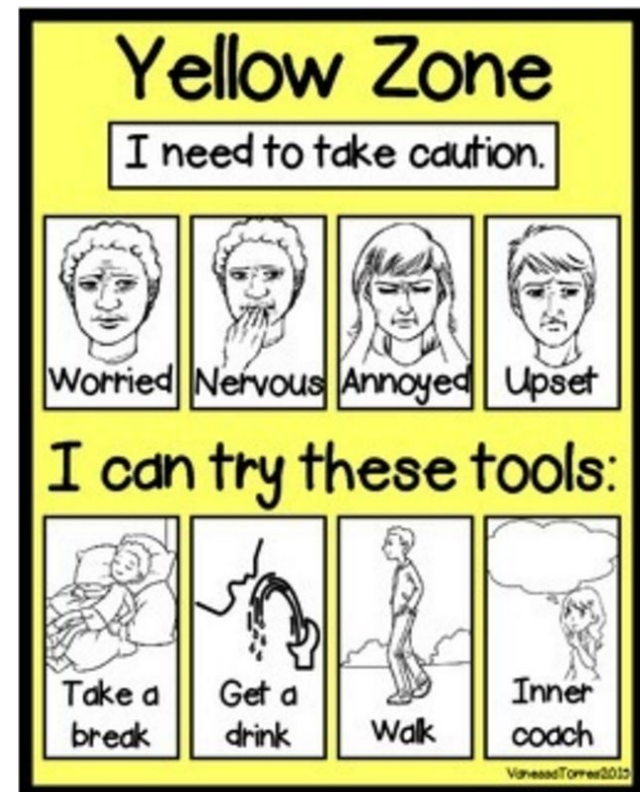
The Yellow Zone

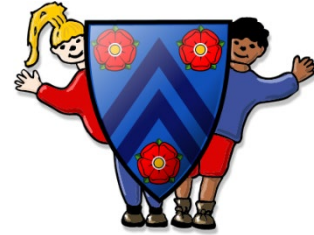
The yellow zone describes when you have a **heightened state** of alertness.

This isn't always a bad thing, and you still have some control of your actions when you're in the yellow zone.

Being in the yellow means you may feel frustrated, anxious or nervous.

But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.





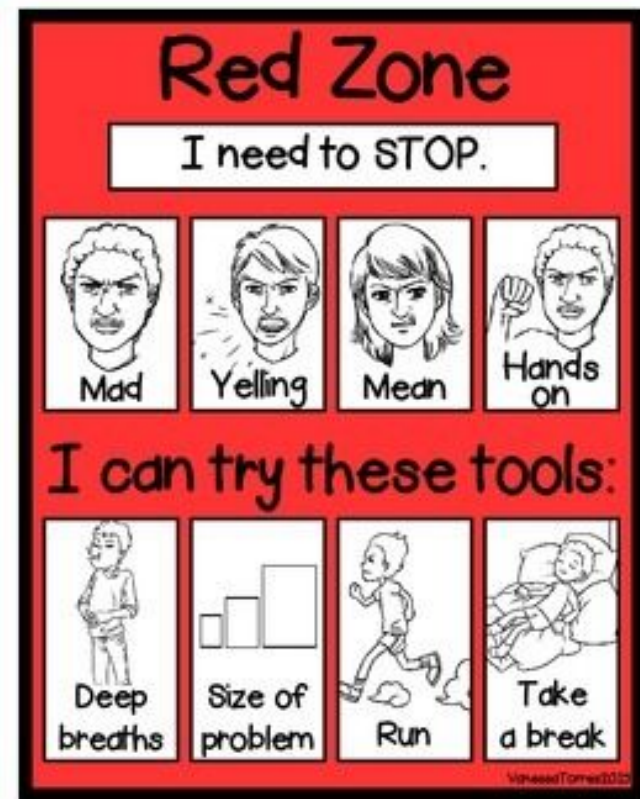
The Red Zone

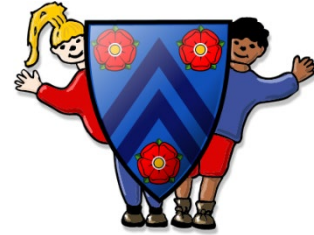
The red zone describes an **extremely heightened state** of intense emotions.

When a person reaches the red zone, they're no longer able to control their emotions or reactions.

This is the zone children are in during meltdowns.

Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.





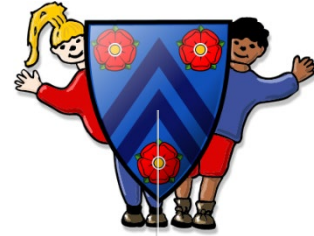
The Blue Zone

The blue zone, on the other hand, is used when a person is feeling **low states** of alertness or arousal.

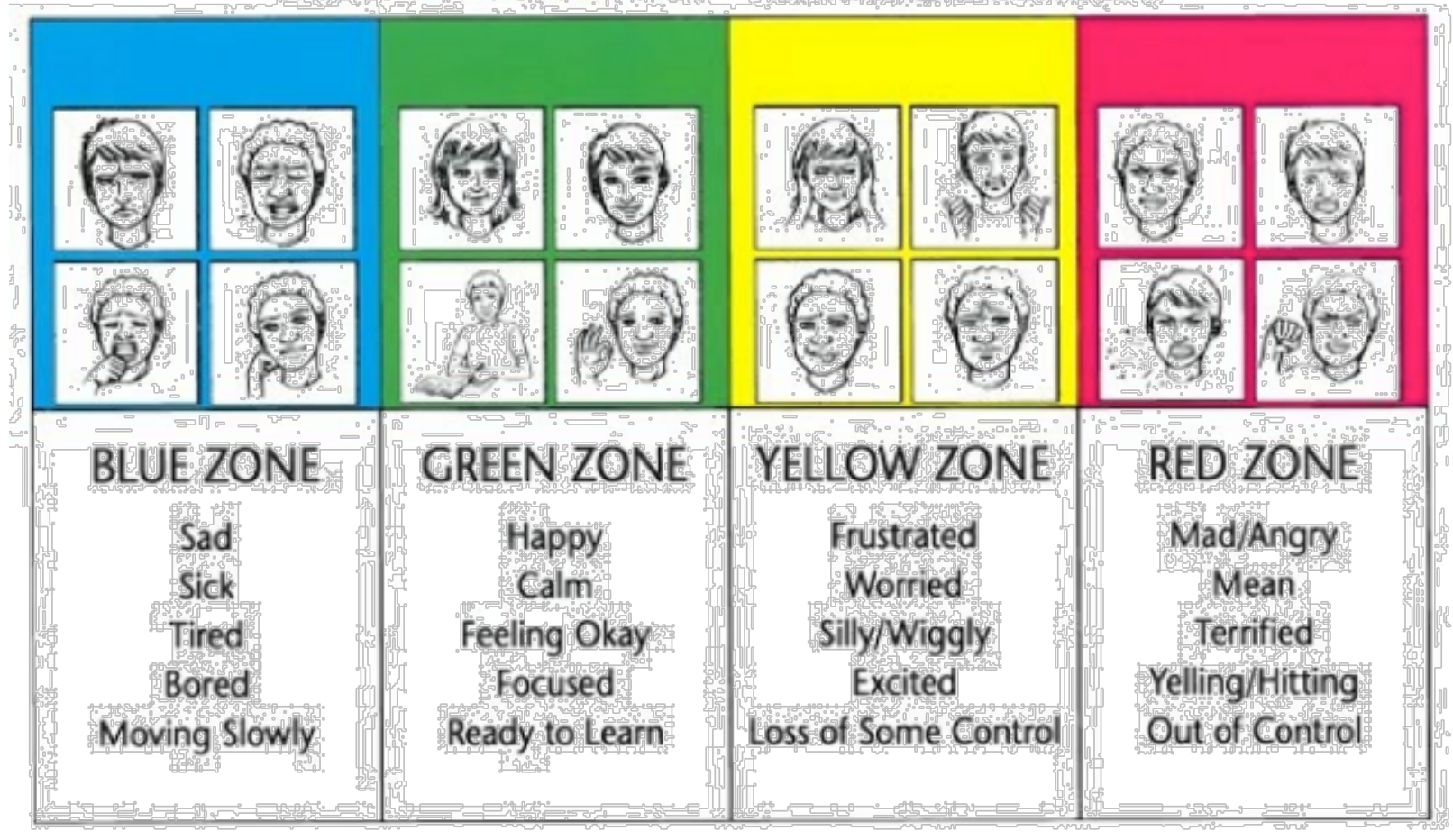
When you're in the blue zone you may be feeling down – sad, sick, tired, or bored.

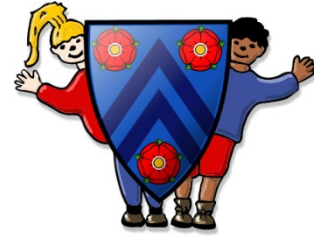
You're still in control, as you are in the yellow zone, but with low energy emotions.





The ZONES of Regulation®

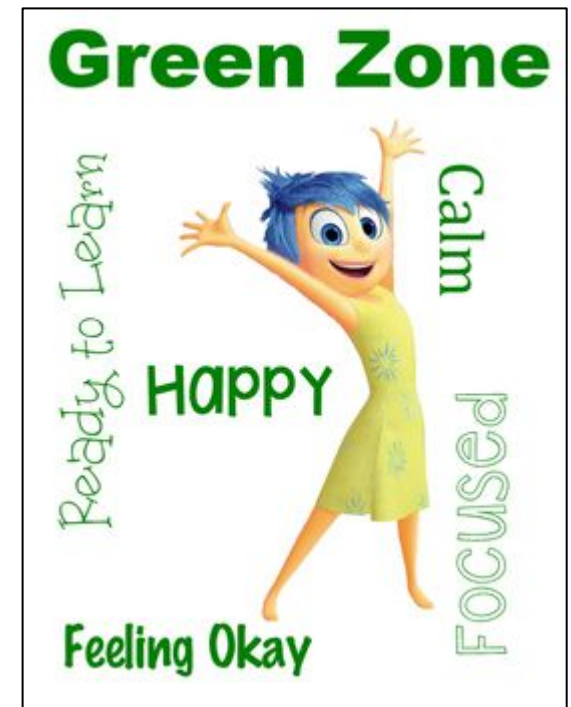


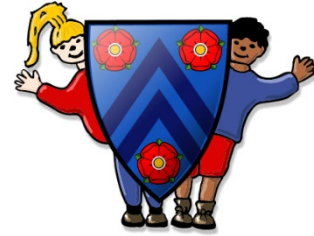


Getting back to the Green Zone

Along with being able to identify the zones, and know what zone they're in, your child also needs to know strategies to help them get back to the green zone.

Practicing co-regulation and self-regulation strategies while your child is in the green zone will help them learn the best ways to get back there during times when they're feeling stressed, frustrated, sad, etc.





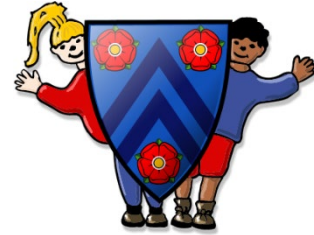
Co-regulation

Co-regulation means your child needs YOU to help them regulate their emotions. When they're upset you need to soothe them, help them calm down.

They cannot use healthy coping strategies on their own.

Most children with Autism are dependant upon mutual regulation some, if not all, the time.





Self-regulation

Self-regulation means your child can calm down and cope with their emotions all on their own. They can walk away from a frustrating situation. They can take deep breaths to calm down and return to an activity.

Your child may even recover from a meltdown on their own.

There's a developmental trajectory of milestones your child will meet as their self-regulation skills develop.

First will be co-regulation, with you responding to their cues. Next, they'll initiate the co-regulation. Then, some self-regulation skills emerge with you modelling the right strategies.

Over time as skills develop your child will start being able to recover from meltdowns sooner, and they will be less intense.



Co-regulation and Self-regulation Strategies

1. **Recognise** what zone they are in - “I can see you’re in the ____ zone.”
2. **Label** the emotion - “You’re probably feeling ____”
3. **Explain** why they’re feeling this way – “You’re feeling ____ because ...”
4. **Work together** to use strategies to regulate their emotions and return to the **Green Zone** – *the children will be learning about their own triggers and strategies in school.*

Yellow Zone

I need to take caution.

Worried	Nervous	Annoyed	Upset

I can try these tools:

Take a break	Get a drink	Walk	Inner coach

Version 1.0 2015

Red Zone

I need to STOP.

Mad	Yelling	Mean	Hands on

I can try these tools:

Deep breaths	Size of problem	Run	Take a break

Version 1.0 2015

Blue Zone

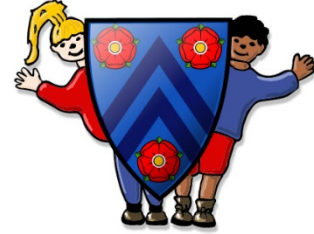
I am running slow.

Sad	Tired	Bored	Sick

I can try these tools:

Take a break	Talk to an adult	Ask for a hug	Listen to music

Version 1.0 2015



Questions?



The **ZONES** of
Regulation®