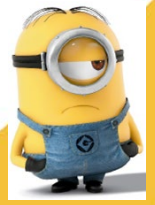
Zones of Regulation

Dr Zoë Price

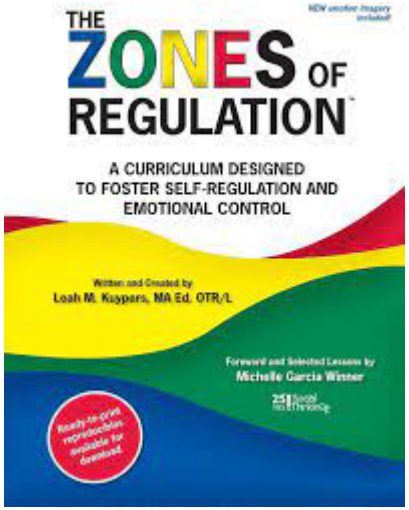
How are you feeling right now?

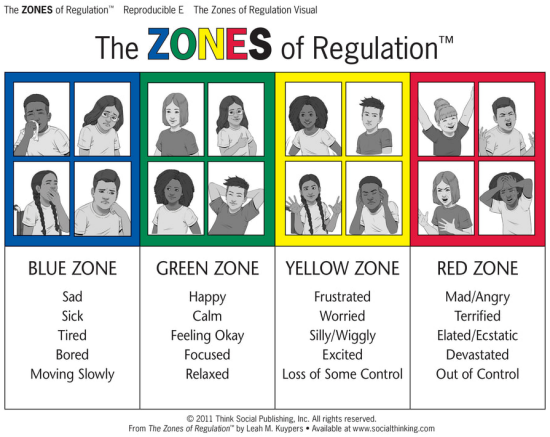


Chat in pairs or write it down on a piece of paper.

Aims of today's session

- To know what Zones of Regulation are.
- To consider how the Zones of Regulation can benefit your CYP and the whole school





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From The Zones of Regulation™ by Leah M. Kuypers • Available at www.socialthinking.com

What is 'The Zones of Regulation?'

Zones of Regulation is a curriculum designed to help students develop their ability to self-regulate emotions. The zones are four colours that represent emotions.

There are 4 main sections of the curriculum;

1. Understanding what the different zones mean
2. Increasing awareness of own emotions
3. Learning strategies to regulate these emotions
4. Monitoring and assessing progress

Aims of Zones of Regulation

To **improve** **self awareness** *(the ability to identify our own emotions and triggers).*

To teach **social thinking** *(how our behaviour can impact others' thoughts and feelings towards us).*

To develop **self-regulation** *(the process by which we learn to respond to things in a way that is appropriate to the situation).*

"Children do well if they can."

Ross Greane (The Explosive Child, 2005)

Self-Regulation

"Life is 10% what happens to us and 90% how we react to it."

Charles Swindoll

The process by which we regulate our impulses, emotions and sensory needs to reach our own goals, whilst meeting the demands of the environment and behaving in a socially appropriate manner.

Ability to adjust our level of alertness.

Being able to direct how emotions are presented.

The best state of alertness of both the body and emotions for the specific situation.

Does it work?

When the Zones of Regulation curriculum is embedded on a whole-class level, it can provide an effective programme for teaching students about self-regulation (McQuaid, 2018).

By using the Zones of Regulation to teach self-regulation, there can be increased independence in carrying out activities of daily living for children (Suarez et al, 2019).

The Four Zones

- Feelings can be overwhelming, but they can also simmer away quietly in the background.
- They have a variety of intensity and create different levels of energy that we experience uniquely within our bodies.
- The four zones sort feelings, energy and states of alertness into four colours. This makes the complex and nuanced task of regulation more concrete for learners.

Low to High Energy

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	Overjoyed/Elated
Bored	Focused	Frustrated	Panicked
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

All the zones are ok. Some don't feel nice or pleasant, but there are things we can do.

Blue Zone: Low Alertness and Feelings

- Used to describe low states of alertness and down emotions.
- Not enough energy for learning.
- Our bodies and brains are moving slowly and sluggishly.

Tired
Sad
Bored
Sick
Exhausted

POSSIBLE BODY SIGNALS:

Heavy Limbs
Moving Slowly
Slow Heartbeat
Foggy Head

Green Zone: Calm and Alert

- Used to describe regulated states of alertness.
- The ideal amount of energy for work or play.
- Easily able to control ourselves.

Calm
Proud
Happy
Content
Focused

POSSIBLE BODY SIGNALS:

Relaxed Muscles

Comfortable Body Temperature

Focused/ Engaged Brain

Yellow Zone: Energy is Higher and Internal States Starting to Elevate

- Used to describe heightened states of alertness.
- We have more energy than we need to learn.
- Our bodies and brains are moving quickly and we have less control over them.

POSSIBLE BODY SIGNALS:

Wiggly
Heart Beating Faster
Body Warming Up
Muscles Tense
Thinking Faster

Silly
Frustrated
Excited
Worried
Stressed

Red Zone: Extremely High Energy and Intense, Overwhelming Feelings

- Used to describe extremely heightened states of alertness and intense emotions.
- We have so much energy that we are unable to learn.
- We have completely lost control.

Elated
Overjoyed
Terrified
Angry
Devastated
Panicked
Out of control

POSSIBLE BODY SIGNALS:

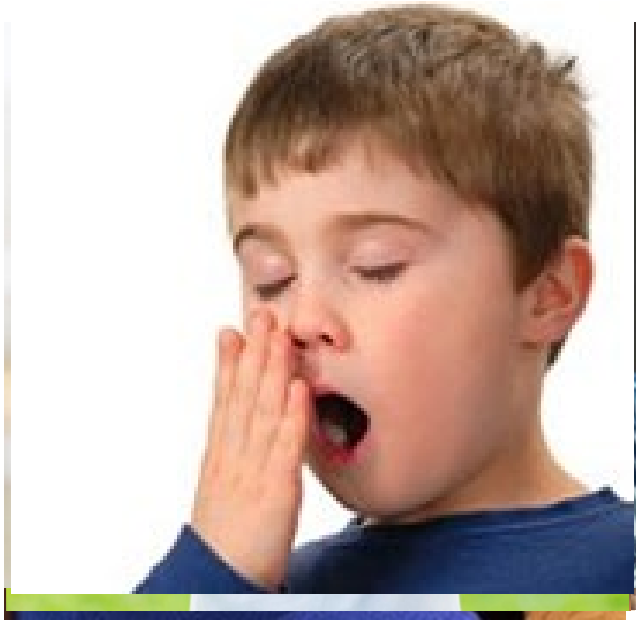
Heartbeat Fast
Skin Flushed
Hot/Sweating
Muscles Tense

Identifying Zones

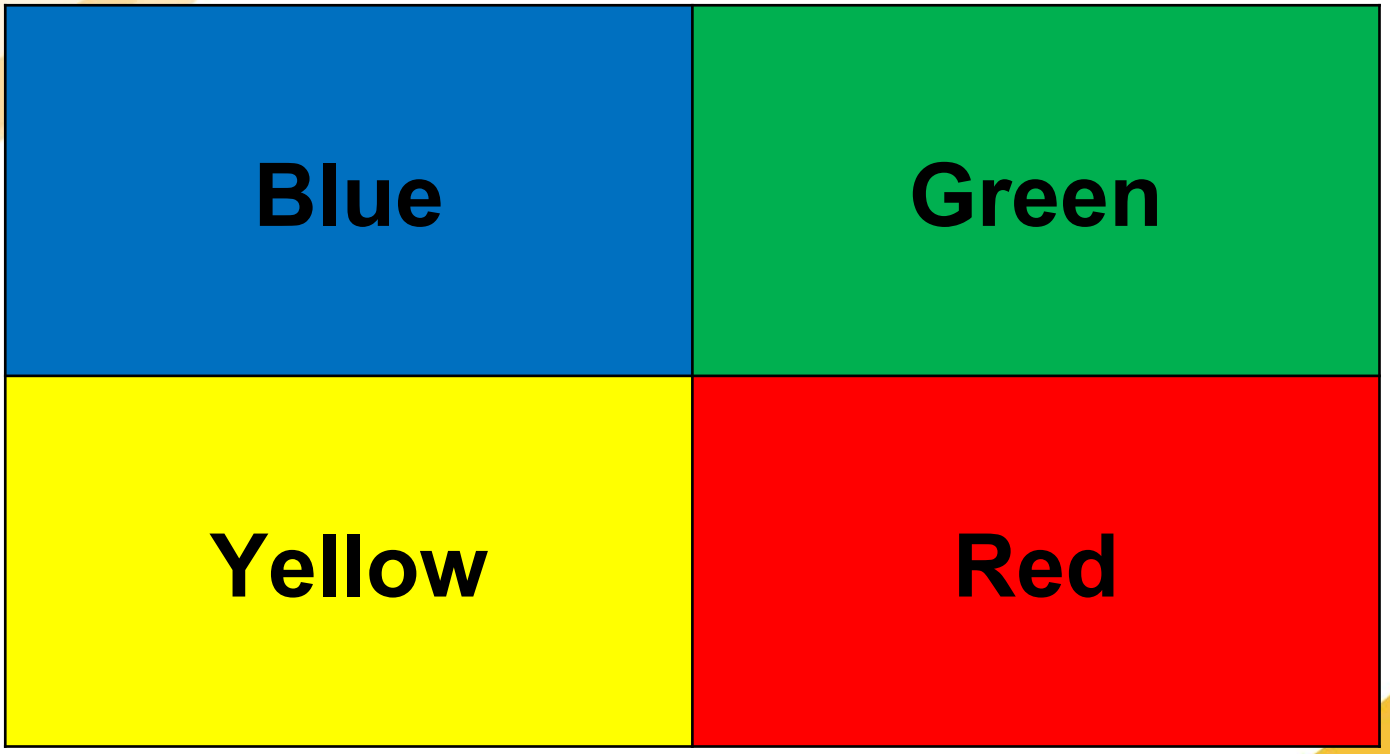
In a moment, you're going to see some photos of different facial expressions. You need to decide which zone you think the person is in.

Sometimes there might be more than one correct answer.

Identifying Zones



Which Zone were you in?

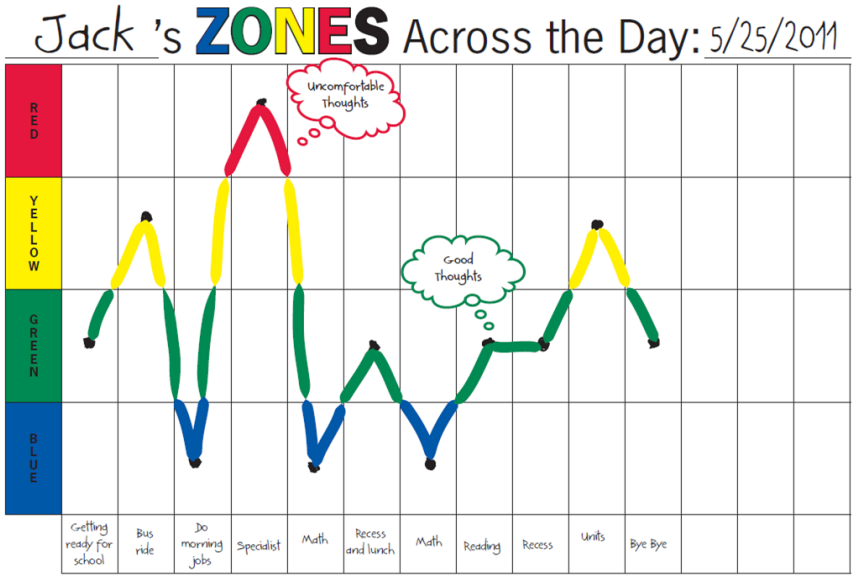


All Zones Are Okay!

It is natural to experience all zones at one time or another.

There are no "good", "bad" or "naughty" zones.

You can fluctuate between the zones throughout the day.



Zones Vs. Behaviour

All zones are okay, but not all behaviours are okay.

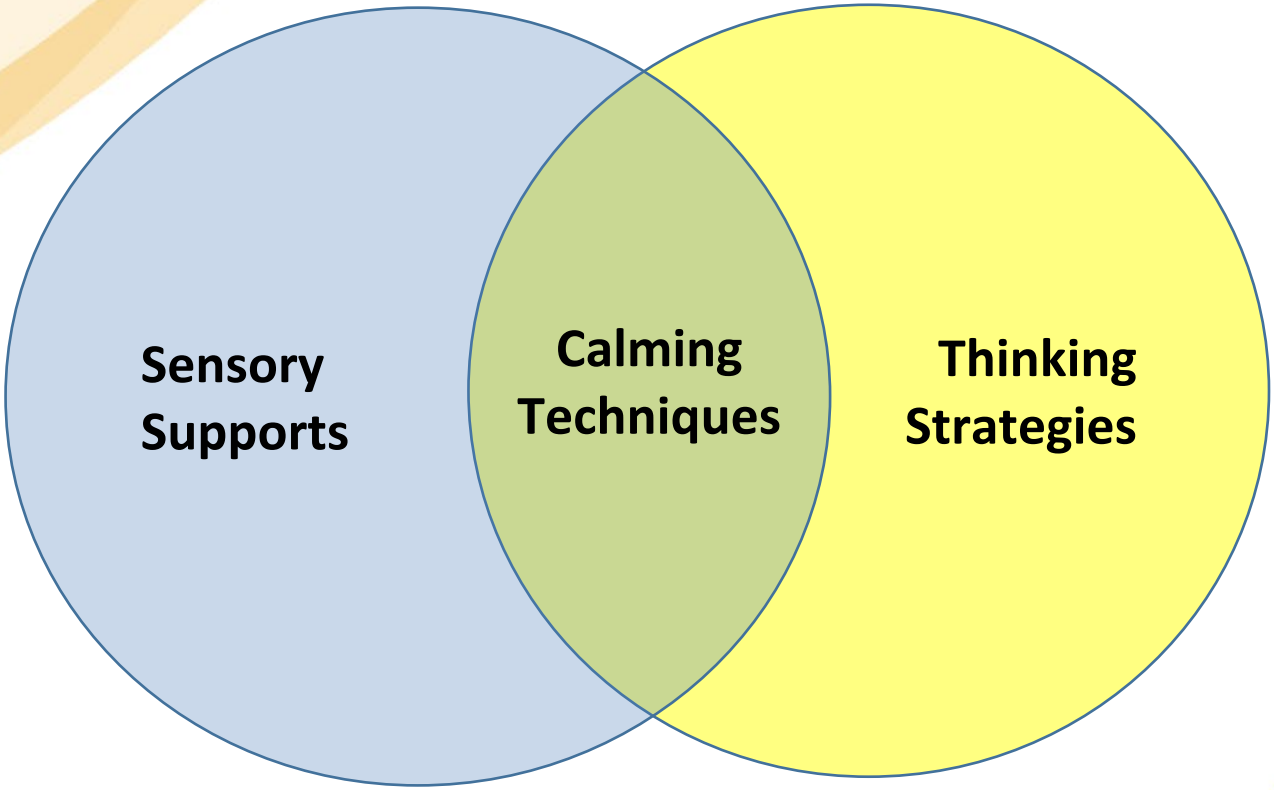
When we notice that our behaviour is not appropriate to the situation, it is a clue that we need to find a tool to manage our zone differently.

Tools

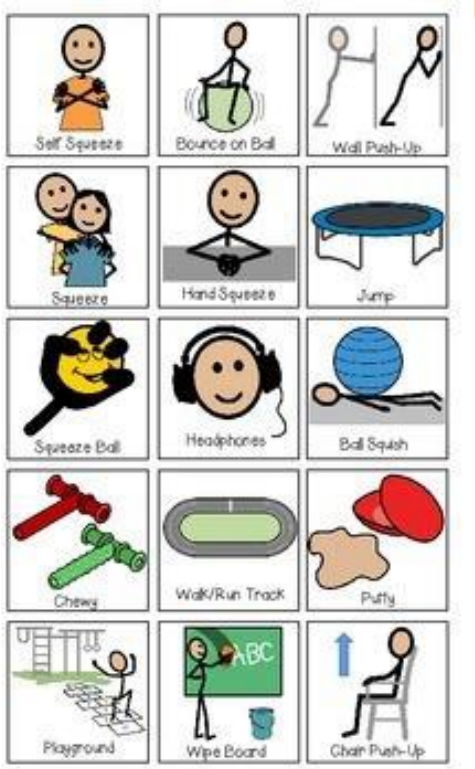
If we can identify what zone we are in, we can learn how to use tools to get back to the ideal zone for the situation.

Different tools may be suitable for different zones.

Types of Tools



Sensory Supports



Sensory tents

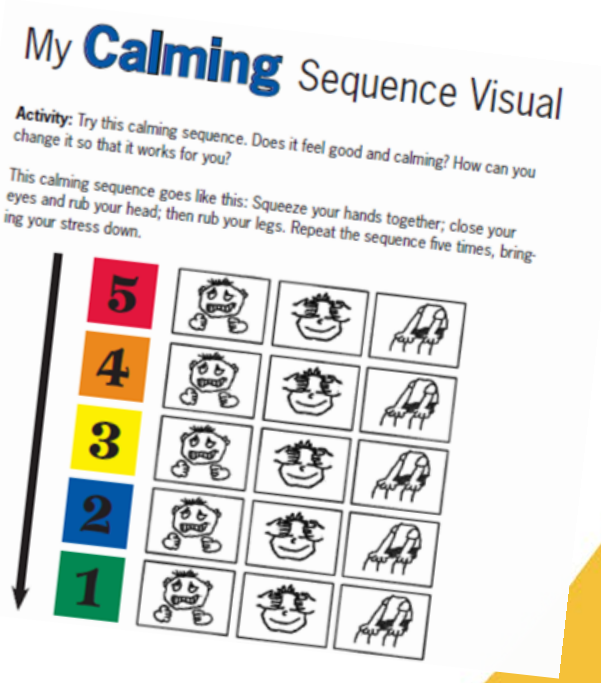
Movement breaks

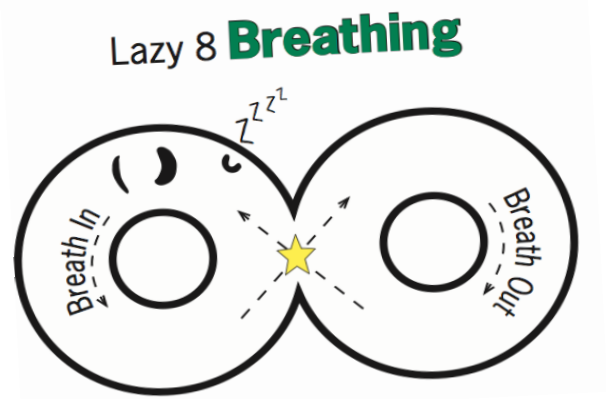
Stretching

Squeezing your hands together

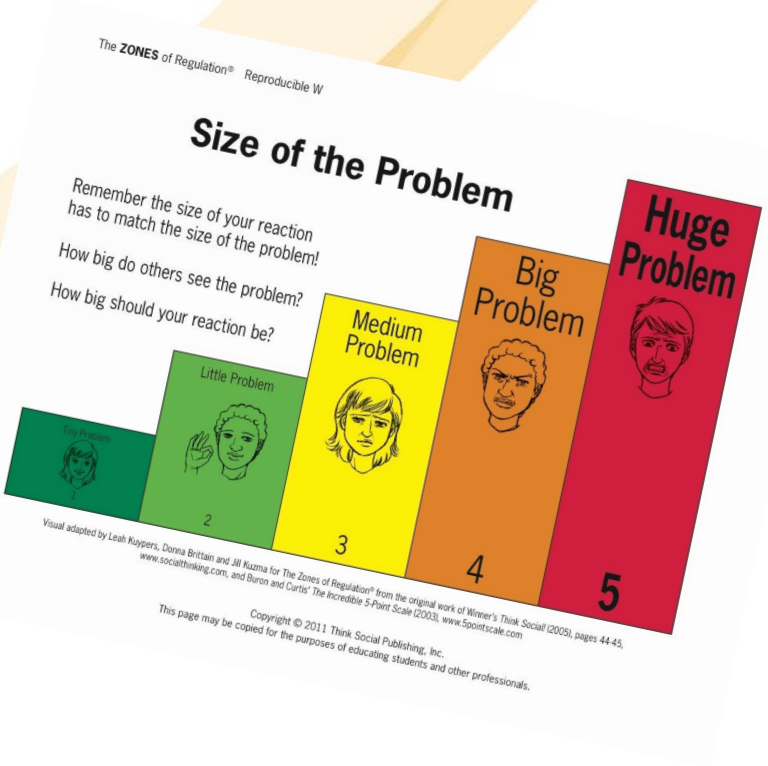
Using fidget toys

Calming Tools





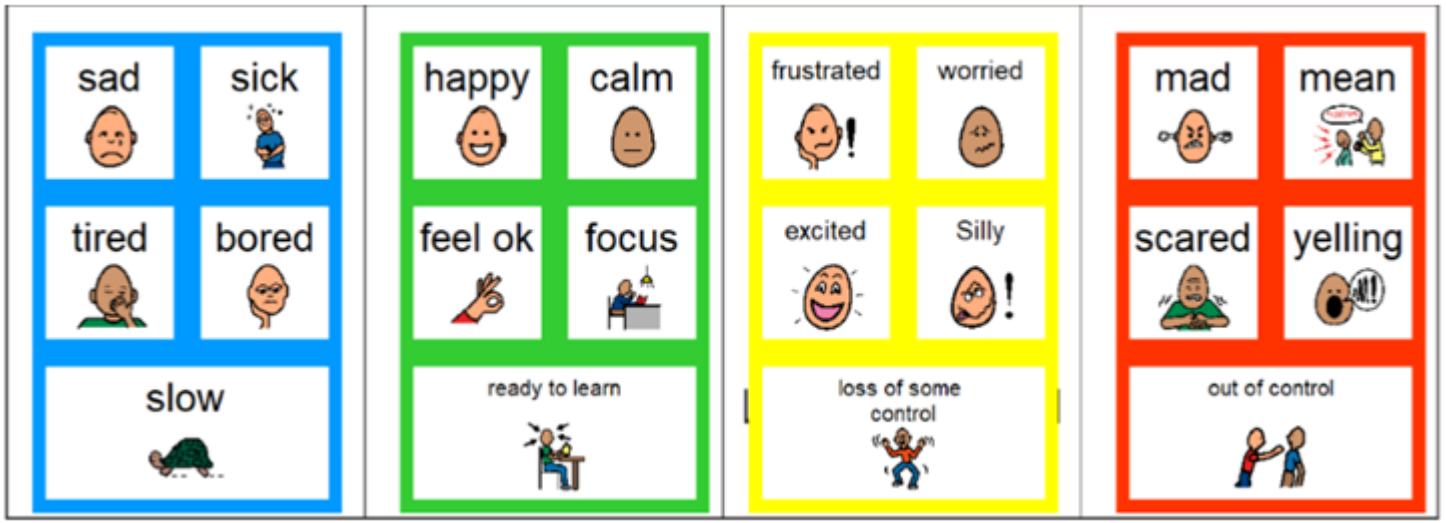
Thinking Strategies



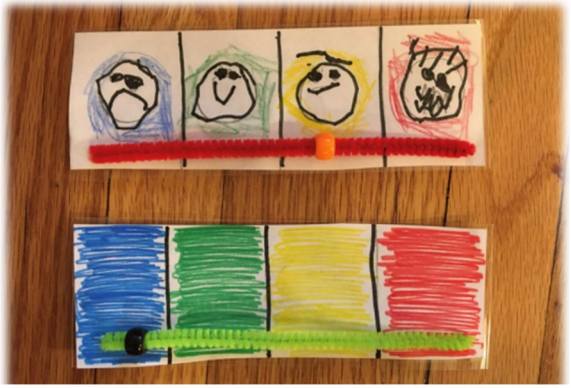
Positive self-talk

Zones of Regulation Video

https://www.youtube.com/watch?v=b1cnNsTPRaA



Examples of good practice



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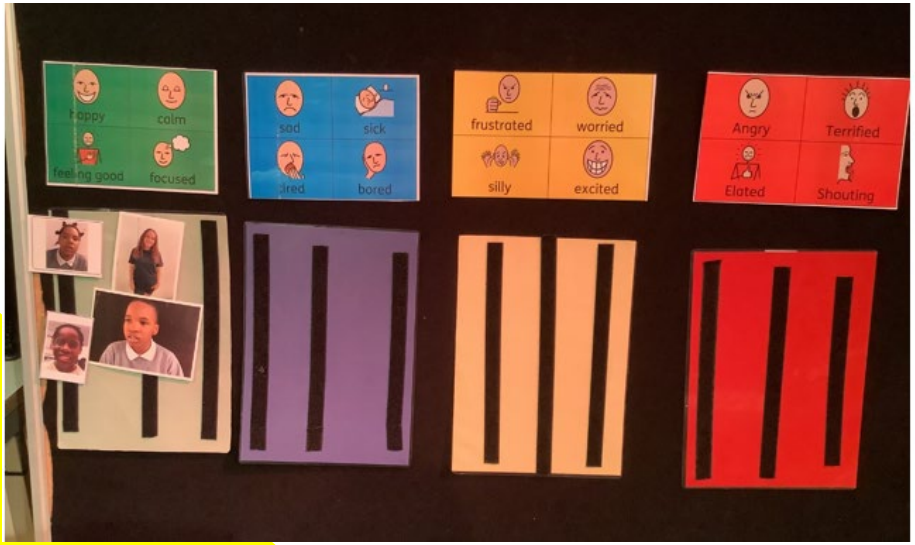

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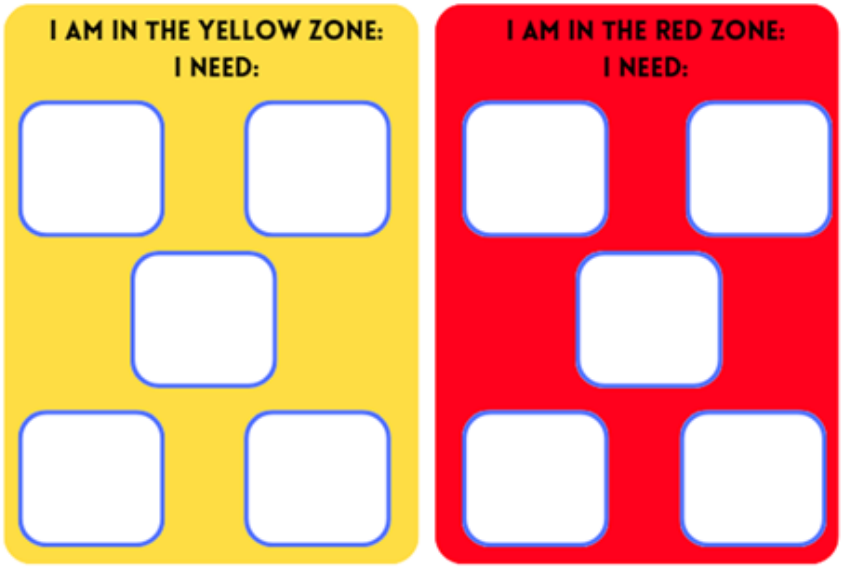

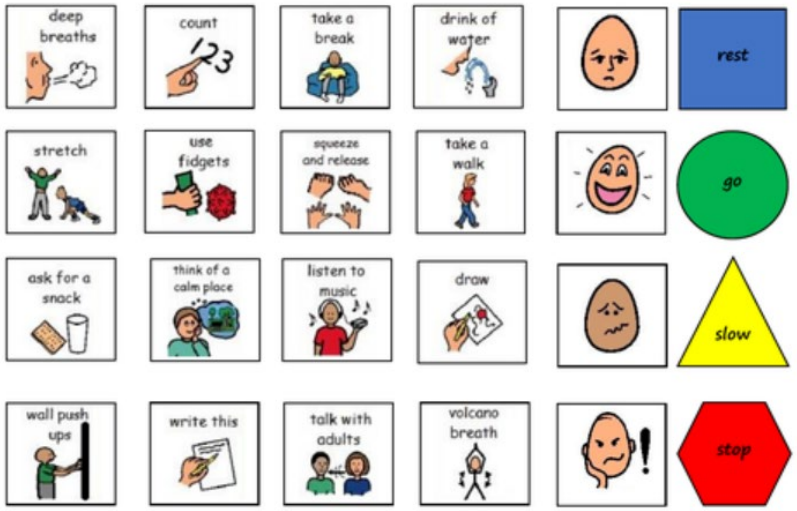

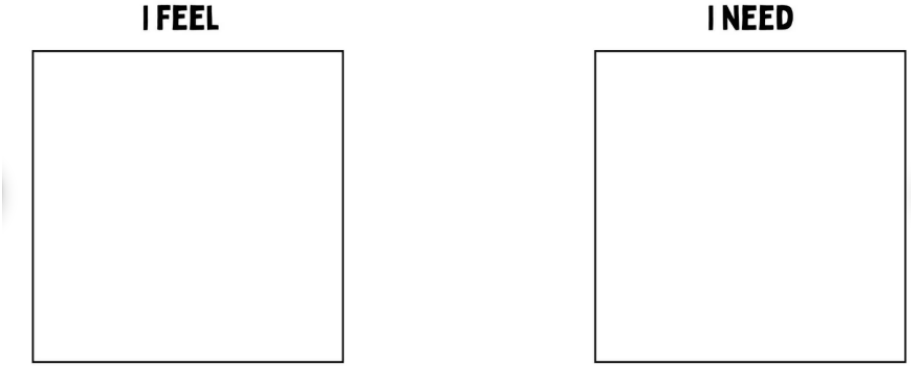

Examples of good practice

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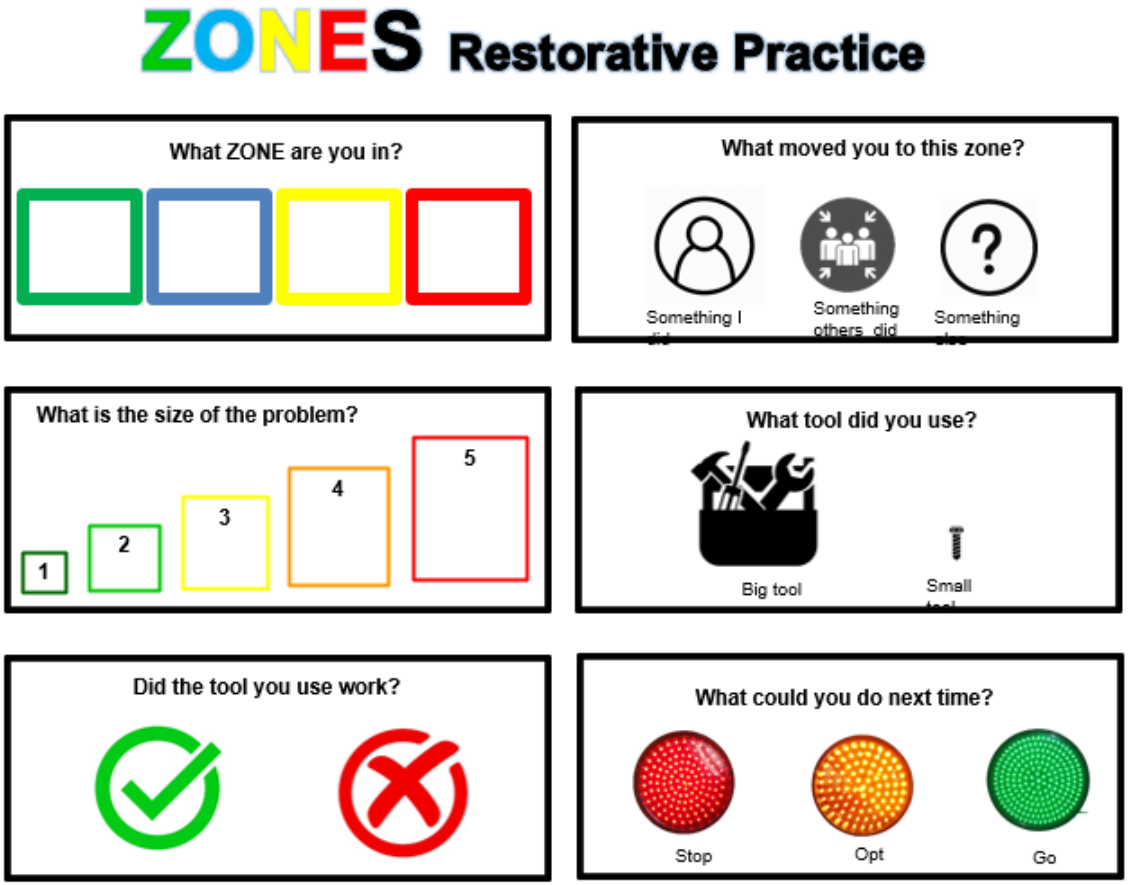
This is a tool should be used 1-1 with a student to support restorative practice.

Ask the student the questions to support their understanding of their own self-regulation and emotional control.

Please keep a copy of their responses for future reflection.



Thank You

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achieving for children