

THE **ZONES** OF REGULATION[®]

Coulsdon CofE Primary School

Welcome to
Zones of
regulation

Zones of
regulation is a
program created
by Leah Kuypers
that we are using
at Coulsdon CofE
Primary to help
the children
understand and
express their
emotions in a
safe way.

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sad Tired Sick Bored Moving Slowly Feeling Negative	Happy Calm Feeling Focused Feeling Okay Ready To Learn Feeling Positive	Frustrated Annoyed Worried Silly/Giggly Over-Excited Nervous	Mad Angry Mean Feeling Out of Control Irritated
What can I do when I'm in this Zone?			
Take a break Drink some water Think of a happy memory Talk to a friend Draw/colour Talk about it	Keep going, you're doing great! Enjoy the feeling in the present. Share the positivity!	Talk to a friend Talk to an adult Write it down Get some fresh air Have a glass of water Colour/Draw Happy thoughts	Five finger breathing Chill-out time Go to a safe space Get some fresh air Speak to an adult/friend Draw/colour/music Name 5 things from each of your senses

Zones of
regulation
provides the
children
with tools
to help
them Self-
regulate

Self-regulation

Self-regulation is the **ability to tolerate sensations, situations and distress and form appropriate responses**. in different situations. In children, self-regulation matures just like other developmental processes.

Self-regulation is the ability to control emotions, thinking, behaviors and motor action in different situations.

Definition from youtudetherapysource

Let's take
a look at
the Blue
Zone

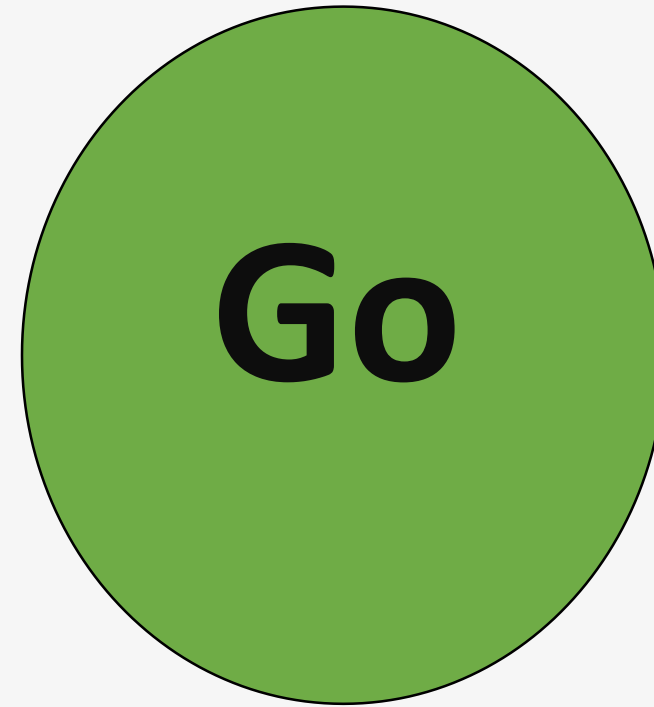
Rest Area

Emotion we feel in the
blue zone

- Hurt
- Tired
- Sad
- Sick
- Bored
- Shy

The Green Zone

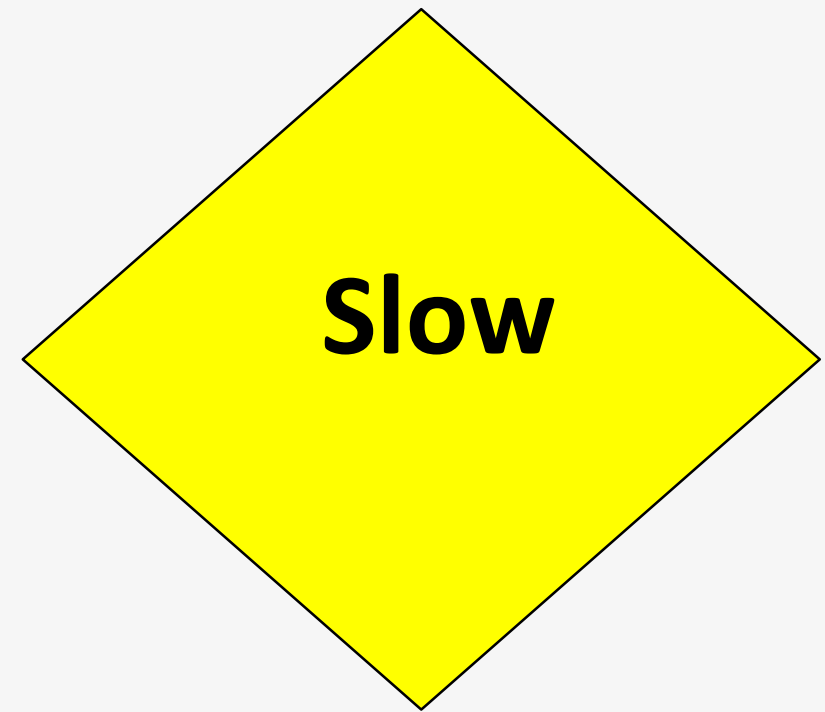
The place we
all love to
be!



Emotions we feel in
the Green Zone

- Good
- Appreciated
- Proud
- Relaxed
- Content
- Happy

The Yellow Zone

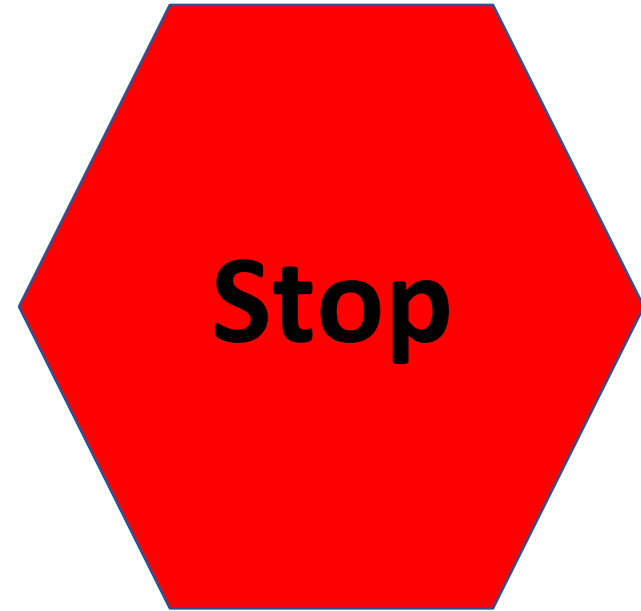


Emotions we feel in
the yellow Zone

- Excited (fizzy)
- Frustrated
- Silly
- Annoyed
- Embarrassed
- Grouchy
- Confused

The Red Zone

Stop



The Emotions we
feel in the Red zone

- Angry
- Mad
- Aggressive
- Terrified
- Out of control

It's okay to
have any of
these
emotions!

It's how we
behave when we
are having these
strong feelings
that matters!

Zones of regulation give the
children the words they can
use to express their
feelings

What **Zone** are you in
right now?

How we use Zones at school

We check-in throughout the day using our Zone boards that we have in each classroom.

Adults also check-in as this models to the children how to check-in

Example "I'm in the blue zone
I'm feeling tired, What zone
are you in?"

