



THE
ZONES OF
REGULATION

Zones of Regulation

Samares Primary School

Parent Seminar

March 2023

We use 4 colours to help describe different emotions/states of energy



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified



Blue Zone



Green Zone



Yellow Zone



Red Zone

The four colours

- We all feel these emotions.
- It isn't wrong to feel these emotions. We all feel these emotions at different times, for different reasons, and need different things to help manage these feelings.
- It is how we manage these emotions that matters.
- Sometimes we need to co-regulate with children because we can see the colour they are in, and they can't see it - or they need more support to manage that emotion.

Watch the clip...

- Can you identify some of the different colours in these characters?
- Do we understand why the characters show these 'colours' at the different times?

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



Identifying the Zones in yourself and others

- This is the first step we take when teaching the Zones.
- We continually revisit this and use this language with the children all the time.
- As adults, we need to model this to the children.
- It is important we normalise the different feelings we have at different times, and that we can verbalise this with our children using a shared language and understanding.
- Consider...what sort of things make you feel yellow? Stuck in traffic? Children asking 1000 questions whilst you're trying to get the dinner ready, sort the dog out, and not forget that tomorrow is non school uniform day?
- The four colours can also reflect states of energy - and sometimes we need to be a certain colour for a certain activity. I.e. to play football, you need to be yellow.

The next step:

- The next step is to helping understand how we react/behave in these different colours and therefore what we might need to help us manage those behaviours effectively.
- What helps you when you feel blue? A quiet night in front of the TV? What helps you when you feel green? Meeting up with friends? What helps you when you feel yellow? Going for a walk, having 5 minutes to yourself, taking a big breath...
- What helps you when you are red? Remove yourself from the situation?

How can you help yourself?

The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The goal of this exercise is to get to the GREEN zone.
What can you do to be happy, calm and ready to learn?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



How might you feel?

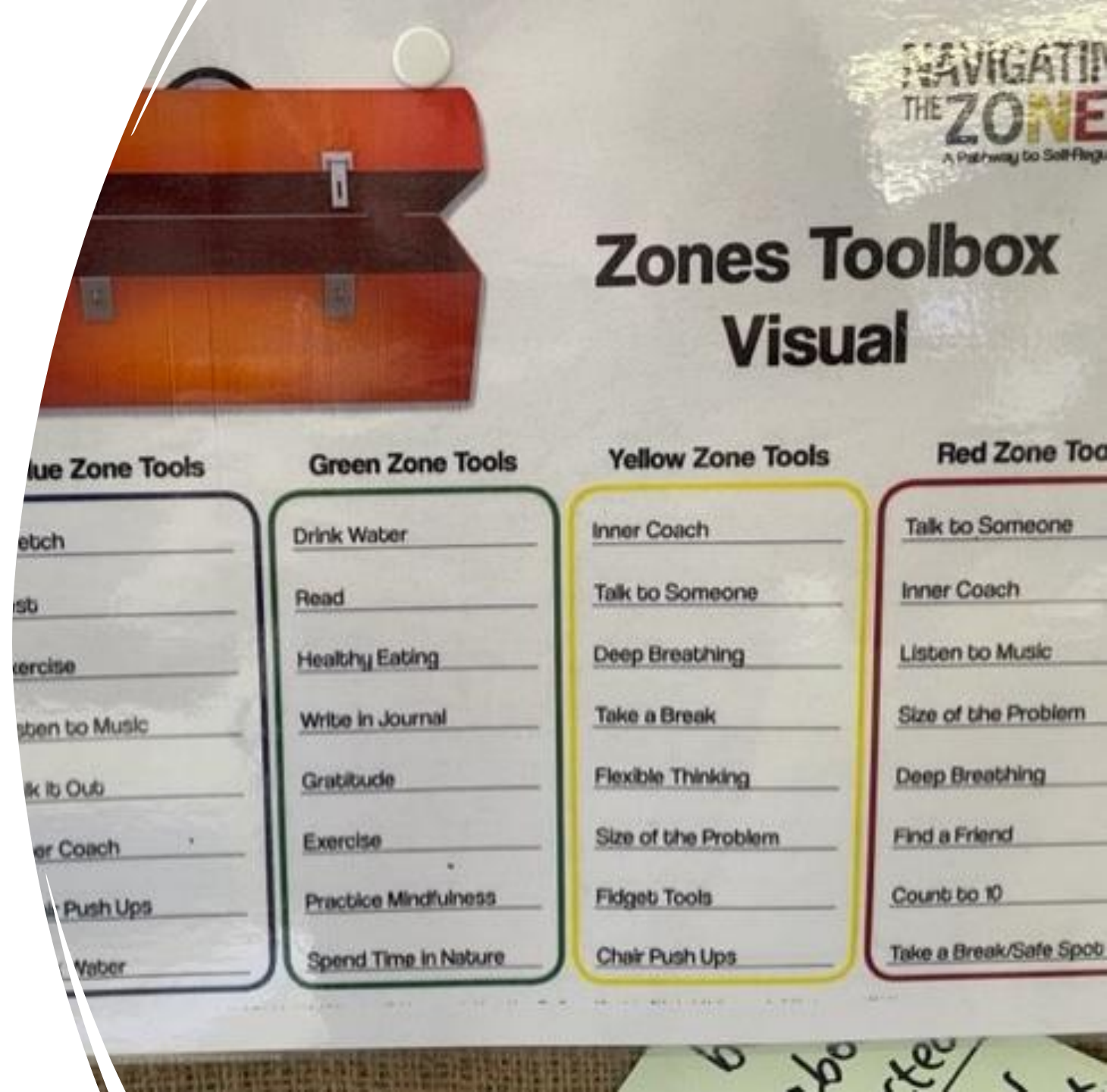
angry
frustrated
scared
out of control

What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

Toolkits

- In School, we teach the children about the Zones of Regulation and sometimes form 'Toolkits' to help children know what they can do when they feel different emotions.
- Sometimes this might be a collective thing as a class, or sometimes children might have their own bespoke Toolkit.

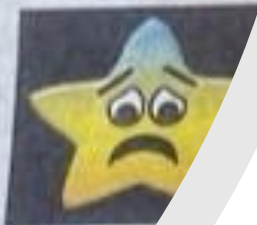
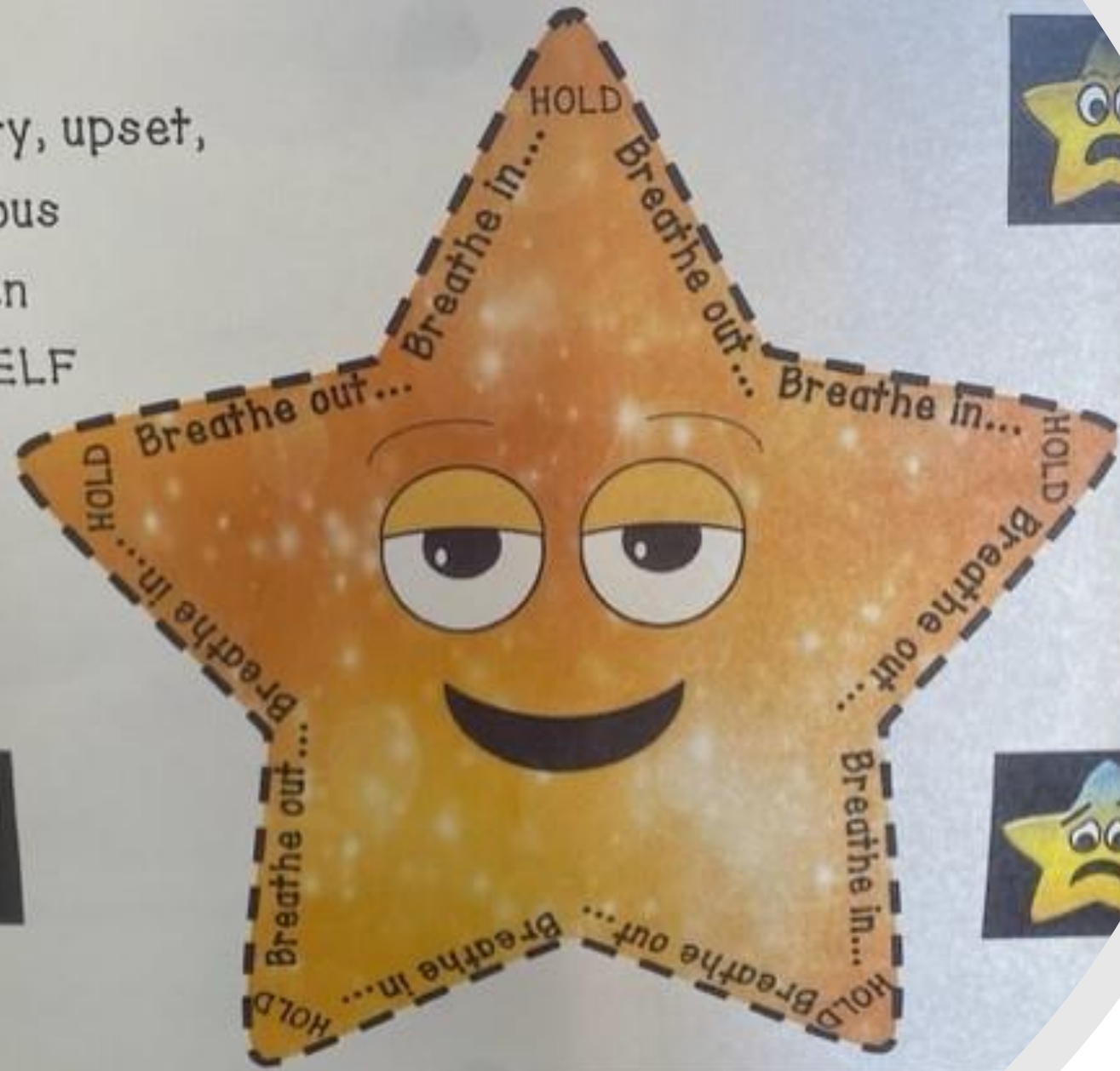


Finding it difficult...



- Sometimes people find it hard to manage any of the colours by themselves and need the help of those around them to manage the situation. This could be when we are feeling Blue we need a friend to come and cheer us up. Or when we are Yellow, a reminder to take a breath and try to stay calm before we perhaps move to the Red Zone where we might find it even harder to manage this behaviour.
- Remember, it's not wrong to feel the emotion, it's how we manage the emotion that counts.

If you feel angry, upset,
stressed, anxious
or worried then
CALM YOURSELF
WITH
5 STAR
BREATHING



The Red Zone



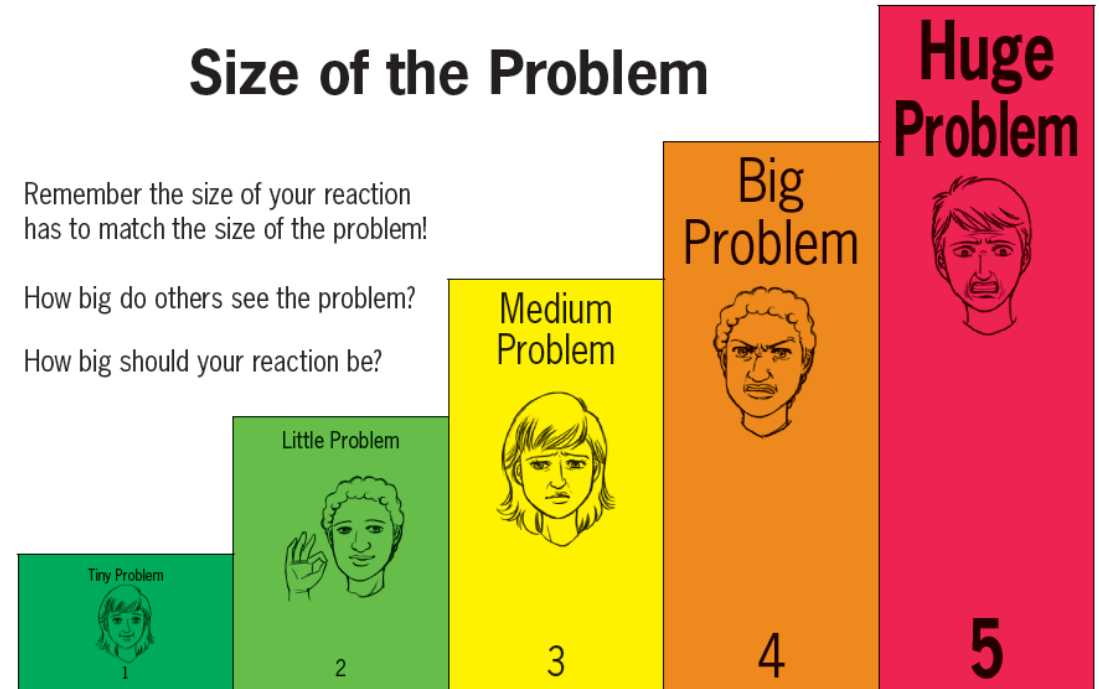
The chart is titled "Zones of Regulation" and is divided into four color-coded columns: Blue, Green, Yellow, and Red. Each column contains a cartoon character representing the zone, a label for the zone, a key action, and a list of associated feelings.

Blue	Green	Yellow	Red
			
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

- Feeling Red is normal.
- It is important we ensure children understand it is not wrong to feel red.
- However, we are still responsible for our actions, even if we understand the reasons why.
- Being 'Red' can sometimes lead to behaviours which are harder to manage, and people can find it hard to hear the advice of others when in this zone.
- The use of the Zones can help us understand the behaviours better, understand the triggers, and develop more effective strategies to help manage/move out of this zone quickly and safely.
- It is not wrong to feel red, but the feelings associated with this zone can often lead to harder to manage behaviours.

Size of the problem

- Another part of the Zones of Regulation which we spend a lot of time on at school is Size of the Problem.
- The reaction to a problem should match the size of that problem.



Size of the problem

Sometimes we need help to understand how big a problem really is.

We might talk about examples as a class to help children understand and have displays in class that the children have created together to be able to understand the types of problem and the appropriate size of reaction.

We all see problems differently, and there are lots of external factors which can impact our reaction to different problems.

We have to teach the children examples of the size of the problem to give us a reference point, if ever their reaction doesn't match the size of the problem. This takes time....but can be extremely powerful.

How Big Is My Problem?		
	What is the cause?	What can be done?
	Big Problem This is an emergency. I'm in danger. I need to go to hospital. Another child is hurt.	Stop and think clearly. Decide on what to do. Move away from the danger. Get help from an adult. Call an ambulance.
	Medium Problem I am hurt or I feel very sick. I have been bullied. I feel like I am losing control. I have hurt another person. Another child is upset.	Ask an adult to help you. Don't allow the bully to upset you. Take time out to calm down. Say you are sorry to the person that you upset or hurt. Be a kind, helpful friend and get help.
	Small Problem The worries are taking over. I am nervous. I feel a little bit sad. I'm hungry or thirsty. I'm feeling tired.	Be positive! Keep things in perspective. Take a deep breath and remember everyone gets nervous or sad sometimes. Share your feelings with a friend. Get something to eat or drink. Have a rest!
	Tiny Problem Something is not quite right. I need a pencil or an eraser. I'm too hot or too cold. I have no-one to play with. I feel a bit jealous.	Try to solve your own problem. Take off or put on your jacket. Look for friends and ask them if you can join their group. Remember you can't have everything you want. Talk about how you feel.
	No Problem Everything is going well. I can do my school work. I'm playing with my friends. I'm having fun.	Enjoy yourself! Be kind and sensible. Learn as much as you can. Look around to see if anyone looks a bit lonely and invite them to play with you.

If You Are In The Green Zone:
Ignore distractions
Do your work

If You Are In The Blue Zone:
calm down
stay quiet

If You Are In The Yellow Zone:
Take a brain break
Reflect on your behavior

If You Are In The Red Zone:
Take some time out
for your feelings

Remember the size of your reaction
has to match the size of the
problem!
How big do others see the problem?
How big should your reaction be?

Size of the Problem



TINY
PROBLEM



LITTLE
PROBLEM



MEDIUM
PROBLEM



BIG
PROBLEM



HUGE
PROBLEM



Size of the Problem Worksheet Big vs. Little Problems ^{TC}

People see these as Big Problems	5	Natural disaster Die
	4	
People see these as Medium Problems	3	When I fall over
	2	Dinosaur toys falling down the stairs.
People see these as Little Problems	1	Disagreement with my sister.

Having Cancer

- Natural Disaster
- Car crash

- Breaking your arm
- Family being ill
- Your pet running away

- Some one being mean on purpose
- Not getting your

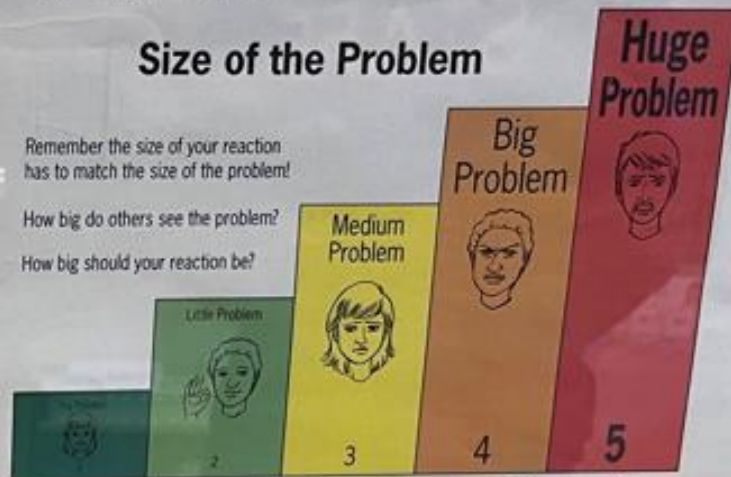
Size of the Problem

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Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



- Having a cold
- Having a (small)



Triggers

- Understanding our triggers which may evoke our movement into a different colour zone is important.
- Understanding the triggers of others is important to help support each other in managing emotions.
- Understanding triggers can help us to avoid or manage these triggers and ultimately help manage the emotion more effectively.
- We can model with the children our own triggers and responses.
- Using this at home can help to understand each other better, and avoid possible times of conflict/stress.



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Tired - Sick



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Yellow Zone

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Red Zone

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To recap

- The four colours of Zones of Regulation
- It is not wrong to feel the emotions in the colours, but it is about how we support children to manage these feelings.
- Model it and use a shared language
- Size of the problem
- Triggers