

Zones of Regulation



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?




What do you do
when your body
feels hot?




This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

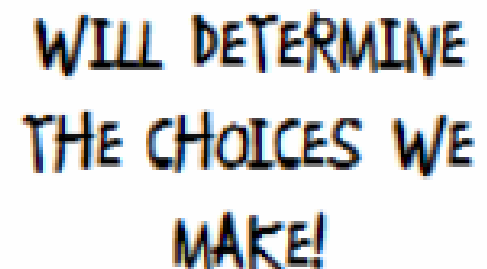
You can also regulate your thinking and your feelings too.

A hand-drawn thought bubble with a small tail pointing downwards and to the left.

What we **THINK**
is how we.....

A simple hand-drawn heart outline.

FEEL! How we
FEEL.....

A hand-drawn speech bubble with a tail pointing upwards and to the left.

**WILL DETERMINE
THE CHOICES WE
MAKE!**

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain
and body feel?



The four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
 A cartoon character with blue hair, wearing large black-rimmed glasses, a light blue sweater, and dark blue pants. He has a slightly sad or thoughtful expression.	 A cartoon character with blue hair, wearing a yellow dress with a floral pattern. She has her hands on her hips and a neutral expression.	 A group of three cartoon characters. On the left is a green girl with a purple bow in her hair, wearing a green dress. In the center is a purple rabbit-like character. On the right is a pink pig-like character.	 A cartoon character with a large, red, blocky face, wearing a white shirt and a brown tie. He has a very angry expression with furrowed brows and a wide, toothy grin.

All zones are OK! All feelings are OK!

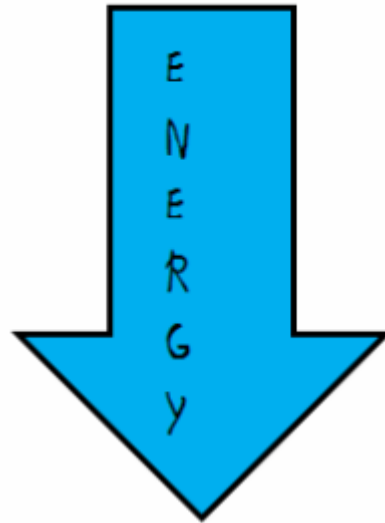
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is an unexpected zone to be in for learning.

How does my body feel?



How does my brain feel?



Tired



Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy



The green zone.....the learning zone!!
We are expected to be in the Green Zone while we are learning. It is when our brains and bodies are relaxed and focused!

How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

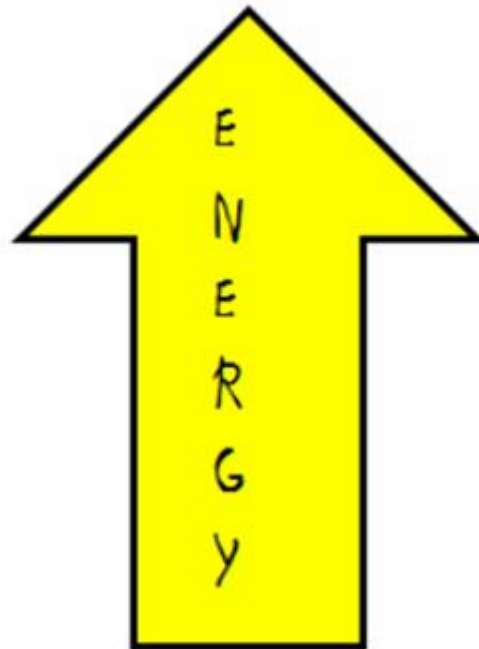
Happy



Focused

The Yellow Zone.....during play time,
lunch time and even at the end of the day,
it's expected for us to be in the YELLOW
ZONE!!

How does my body feel?



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

The Red Zone...when we are at school, the red zone is never expected! We must keep ourselves and others safe!

How does my body feel?



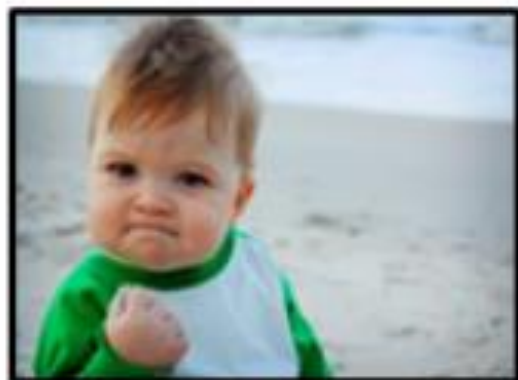
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry