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A Framework to
Address
Self-Regulation &
Emotional Control

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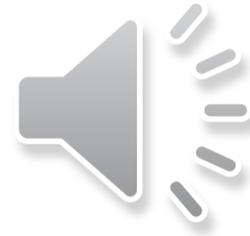
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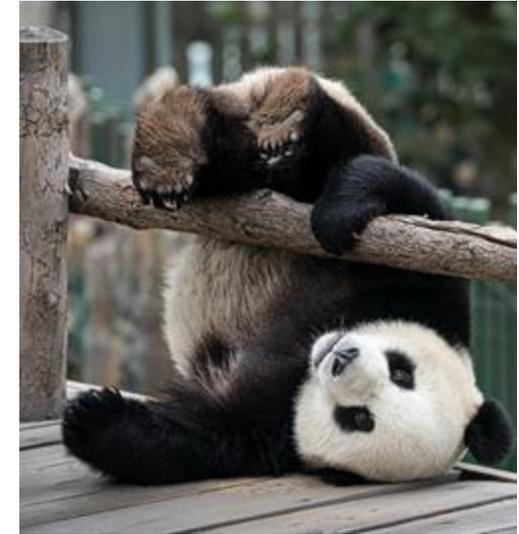
THE ZONES OF REGULATION®



What is Self-Regulation?



- The ability to adjust level of alertness direct, how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals.



- Impacted by a range of factors:
 - Personal
 - Social
 - Sensory

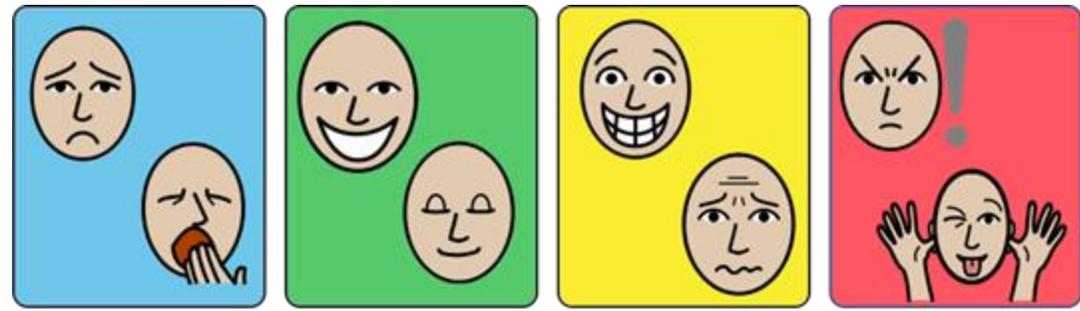


What are we aiming for?



- Recognise emotions
- Increase their emotional vocabulary
- Recognise emotions of others
- Develop an understanding of triggers
- Identify 'tools' or strategies that can help them regulate

BLUE ZONE

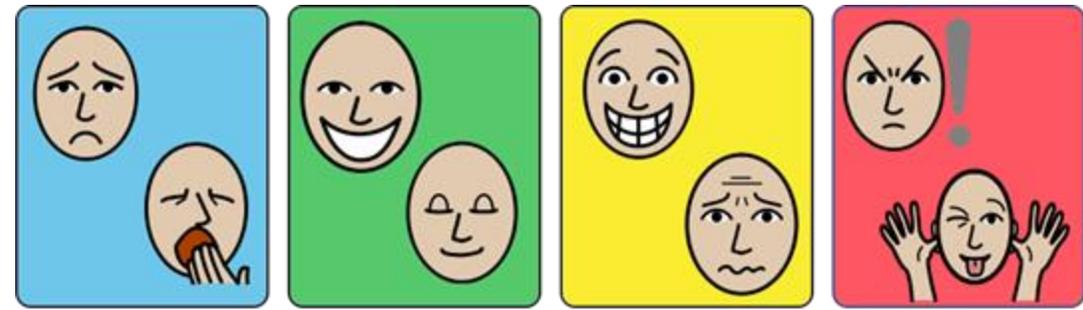


Low / slow state of alertness and energy

Feelings include:

- Sad
- Sick
- Tired
- Bored

GREEN ZONE

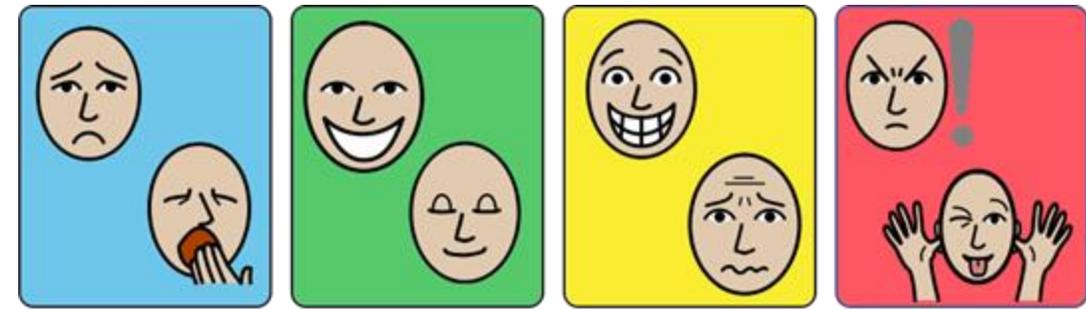


Calm and organized state of alertness

Neutral / positive emotions including:

- Happy
- Content
- Focused
- Ready to learn

YELLOW ZONE

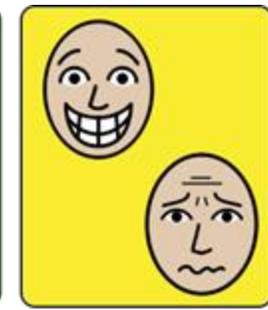
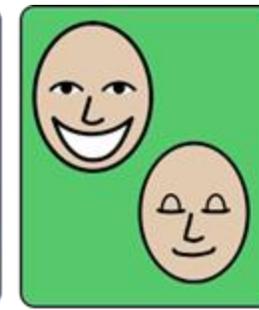
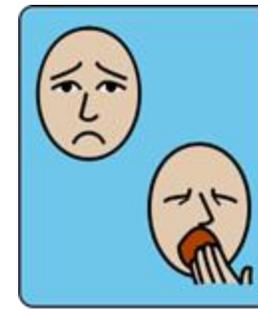


Higher energy state but still have some cognitive control

Emotions are elevated:

- Frustrated / stressed
- Anxious / worried
- Excited / silly
- Uncomfortable / agitated

RED ZONE



Very heightened state of alertness

May be in Fight, Fright or Flight mode

Intense emotions including:

- Elated / ecstatic
- Enraged / angry
- Terrified / panic
- Devastated



blue zone



green zone



yellow zone



red zone



blue zone



green zone



yellow zone



red zone



calm





blue zone



green zone



yellow zone



red zone



excited





blue zone



green zone



yellow zone



red zone

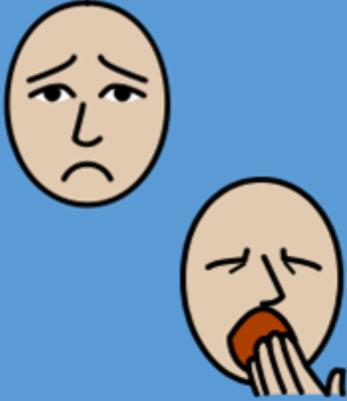


sad

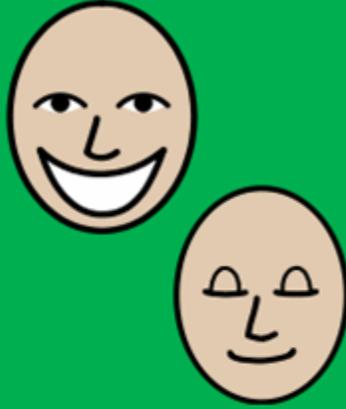




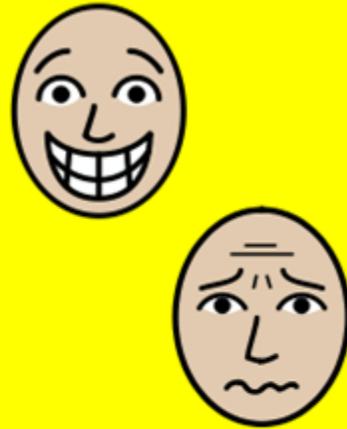
blue zone



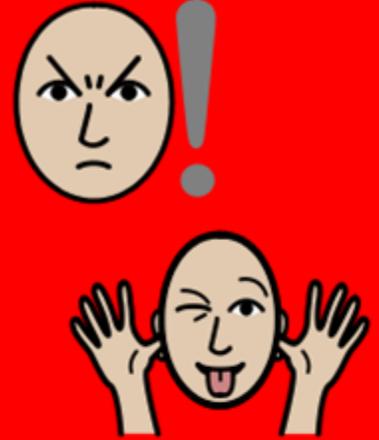
green zone



yellow zone

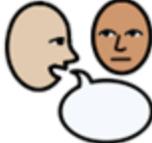
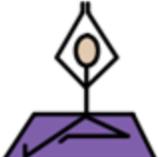


red zone



TOOLS



 brush	 walk	 take a break	 talk to adult	 yoga
 drink water	 music	 sensory room	 toy	 squeeze
 sensory circuit	 weighted blanket	 star jumps	 deep breaths	 run
 dance	 trampoline	 hug	 stretch	 safe place

'alerting' or 'calming' ?

Zones at PHS



Zones at PHS



Zones at PHS



THE ZONES OF REGULATION®

How are you feeling today? I am feeling _____, in the _____ zone because _____

Zone	Color	Emotions	Strategies
Blue Zone	Blue Square	Sad, Tired	Sick, Bored
Green Zone	Green Circle	Happy, Calm	Relaxed, Ready to work
Yellow Zone	Yellow Diamond	Excited, Silly	Scared, Worried
Red Zone	Red Octagon	Angry, Cross	Very Scared, Very worried

The chart features four zones, each represented by a different color and shape. Each zone has a corresponding emotion card and a strategy card. The Blue Zone (Calm) includes strategies like 'Drink water', 'Use a stress ball', 'Use a fidget', 'Use a calm-down kit', and 'Ask for help'. The Green Zone (Happy) includes 'Help my friends', 'Think happy thoughts', and 'Listen to teachers'. The Yellow Zone (Excited) includes 'Use a stress ball', 'Use a fidget', 'Use a calm-down kit', and 'Ask for help'. The Red Zone (Angry) includes 'Use a stress ball', 'Use a fidget', 'Use a calm-down kit', and 'Ask for help'.

Zones at PHS



Zones of regulation

What can I do to get back to green?

Green Zone: chilled, focused, calm. Strategies: feel proud, green zone, walk.

Blue Zone: bored, ill, sad, tired. Strategies: wash face, drink water, walk.

Red Zone: Disgusted, Terrified, Furious, Angry. Strategies: take a break, deep breaths, walk.

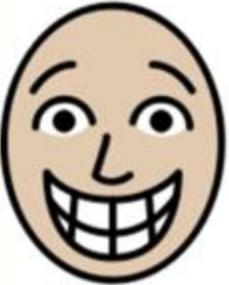
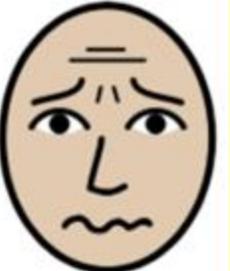
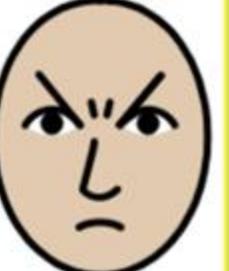
Yellow Zone: anxious, silly, worried, frustrated. Strategies: take a break, think about my friends, think about my school, walk.

Zones at PHS



I feel...

I choose:

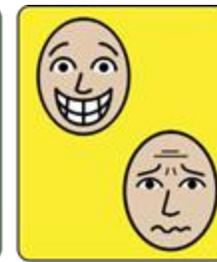
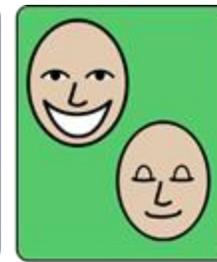
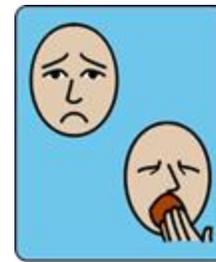
		
 weighted blanket	 calm	 music
 brushing	 exercise	

Zones at PHS

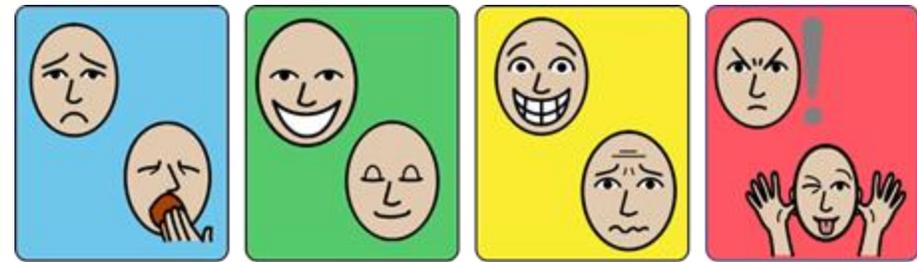


<p>sad sick tired bored</p> <p>Start Jump Hag Have a sleep small pro</p>	<p>happy calm ok good</p> <p>Fighted loose Small problem Stay calm</p>
<p>excited silly scared worried</p> <p>Six Sides of Breathing Lazy 8 Breathing Take a break</p>	<p>angry out of control</p> <p>Big problem or Small problem Deep breaths Take a break</p>

Zones at PHS



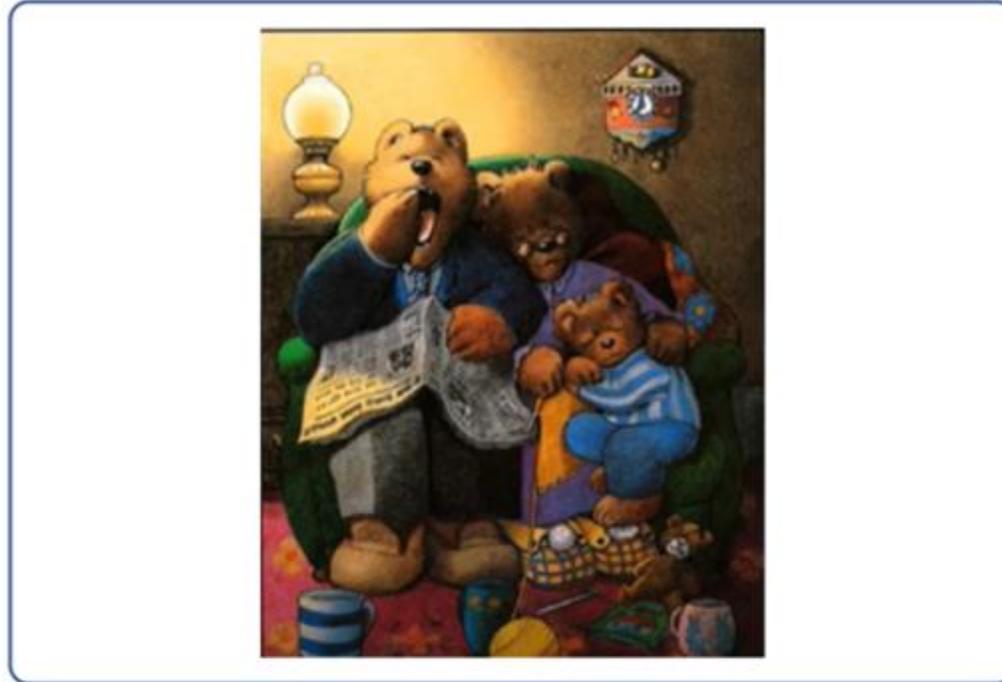
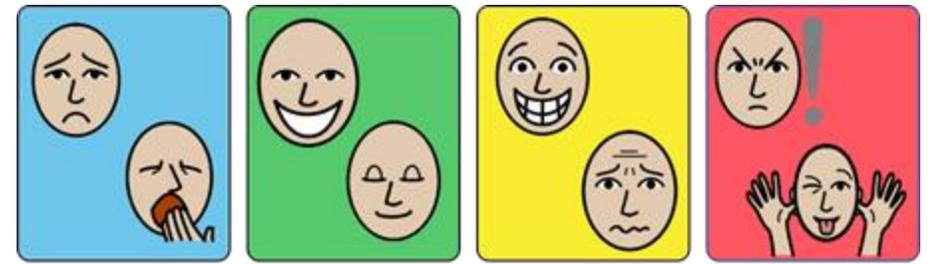
Zones at PHS



How does Riley feel?



Zones at PHS



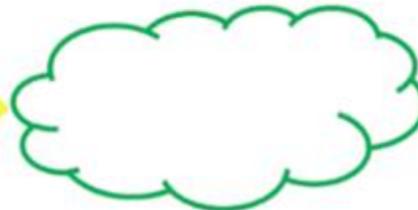
who?

what doing?

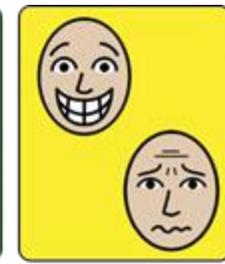
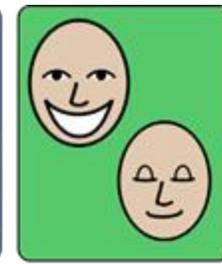
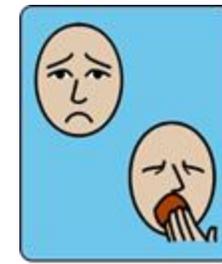
how feel?

The bears

feel



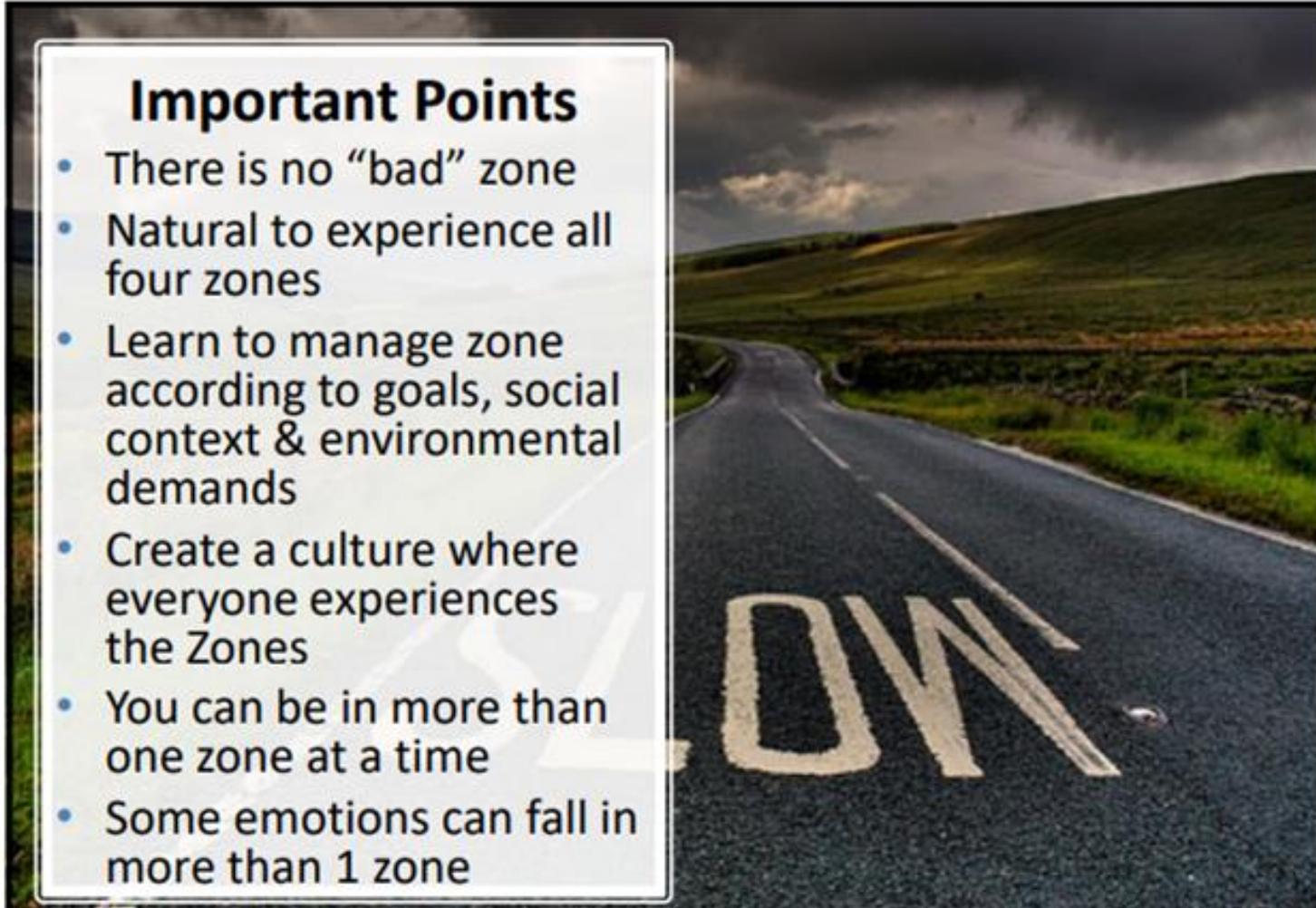
Zones at PHS



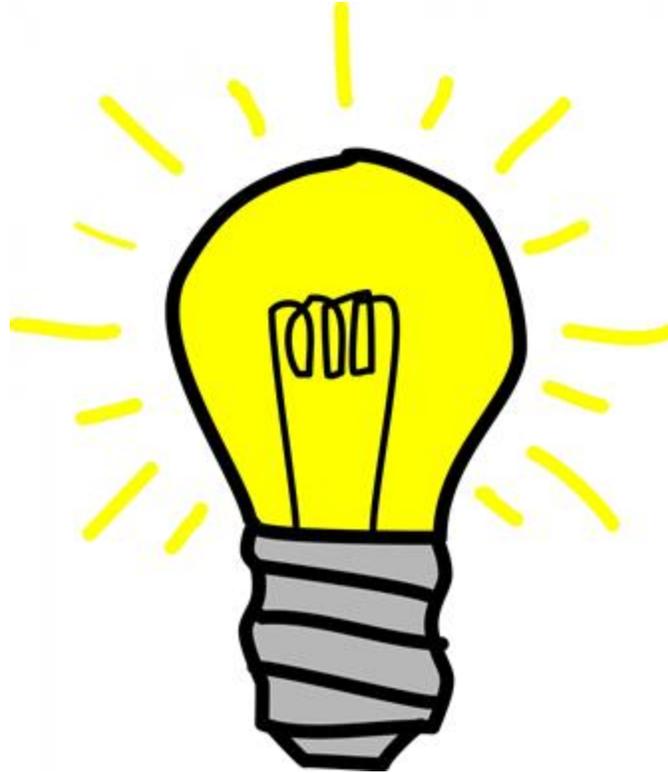
Red Zone is NOT the “Bad Zone”

Important Points

- There is no “bad” zone
- Natural to experience all four zones
- Learn to manage zone according to goals, social context & environmental demands
- Create a culture where everyone experiences the Zones
- You can be in more than one zone at a time
- Some emotions can fall in more than 1 zone



Teachable Moments



Where can I find out more?



www.zonesofregulation.com

www.weareteachers.com/zones-of-regulation-activities

<https://www.theottoolbox.com/?s=zones+of+regulation>

The Zones of Regulation - An Overview of The Zones for Parents (hes-extraordinary.com)

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