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A Framework to
Address
Self-Regulation &
Emotional Control

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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

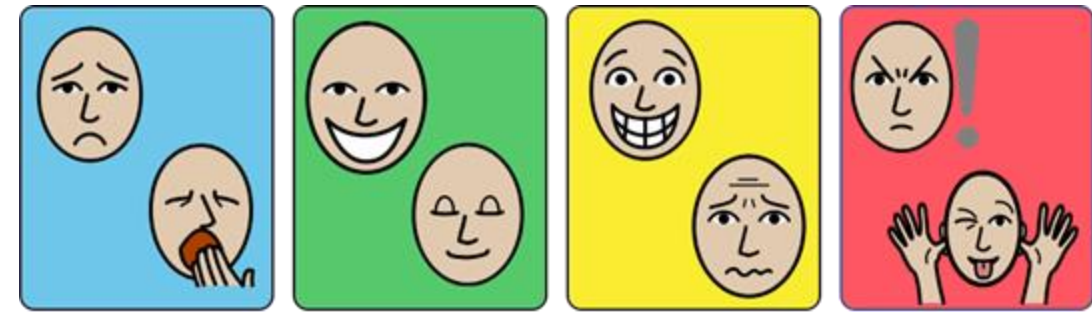


What are we aiming for?



- 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

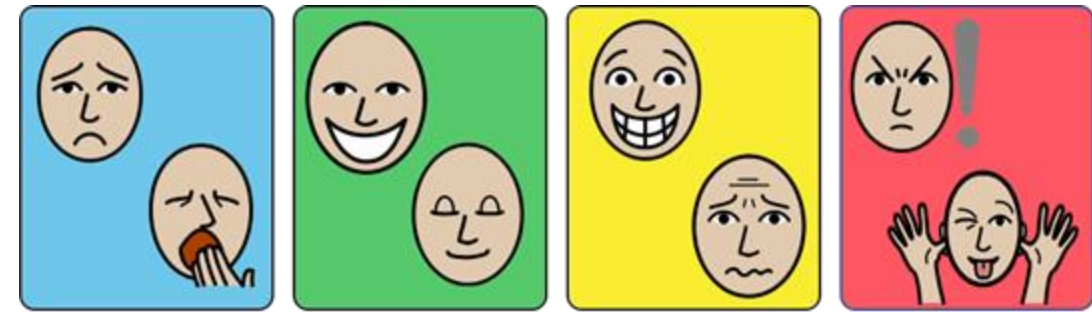


Low / slow state of alertness and energy

Feelings include:

- Sad
- Sick
- Tired
- Bored

GREEN ZONE

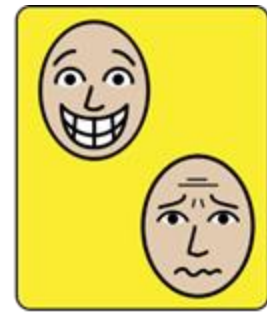
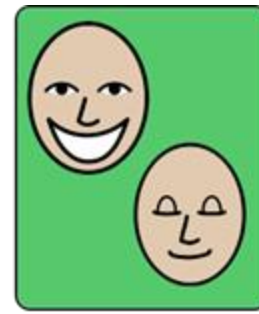
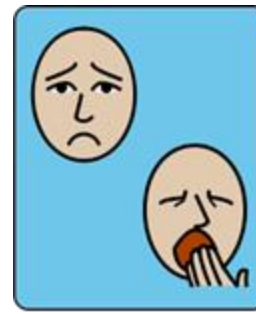


Calm and organized state of alertness

Neutral / positive emotions including:

- Happy
- Content
- Focused
- Ready to learn

YELLOW ZONE

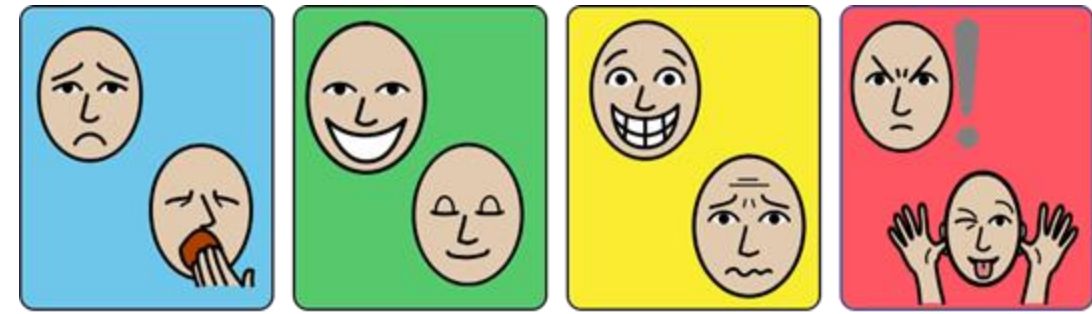


Higher energy state but still have some cognitive control

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



excited



blue zone



green zone



yellow zone



red zone



blue zone



green zone



yellow zone



red zone



sad





blue zone



green zone



yellow zone



red zone



TOOLS



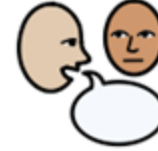
brush



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



Zones at PHS



Zones at PHS



I feel...

I choose:

weighted blanket

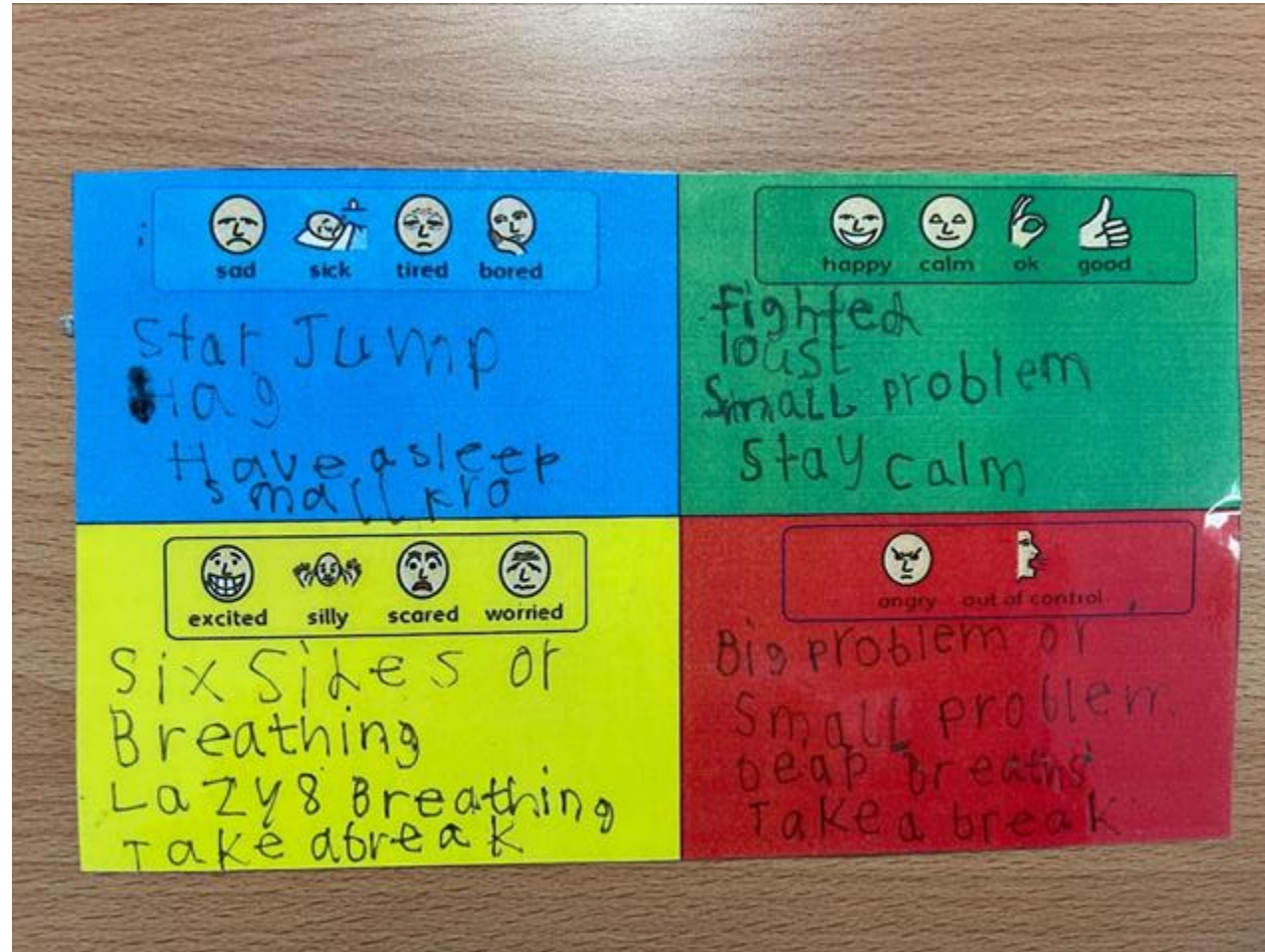
calm music

brushing

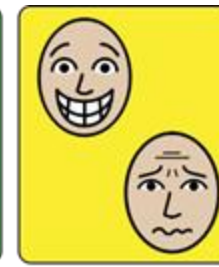
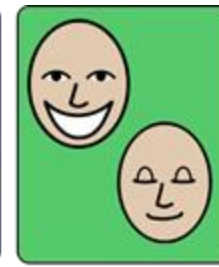
exercise

The image displays a communication board titled "Zones at PHS". It is organized into two main sections. The top section, labeled "I feel...", features three large, square icons with yellow borders, each containing a different facial expression: a smiling face, a sad face, and an angry face. The bottom section, labeled "I choose:", contains four smaller, rounded rectangular icons. The first icon shows a person wrapped in a blue blanket, labeled "weighted blanket". The second icon shows a person's face next to musical notes, labeled "calm music". The third icon shows a bar of soap, labeled "brushing". The fourth icon shows a person performing a yoga-like stretch, labeled "exercise".

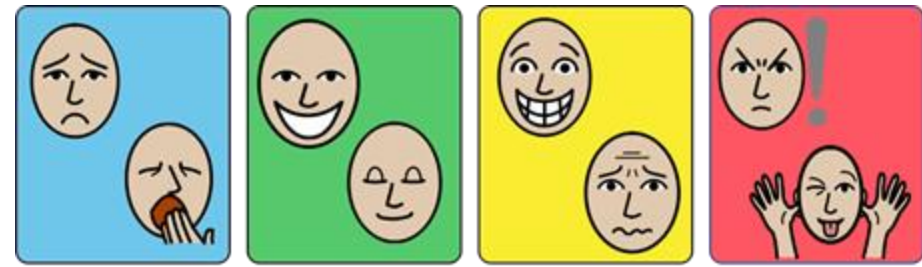
Zones at PHS



Zones at PHS



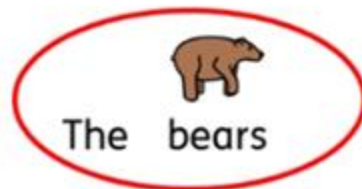
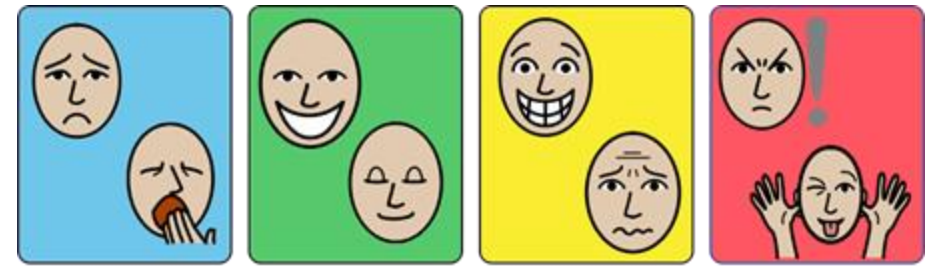
Zones at PHS



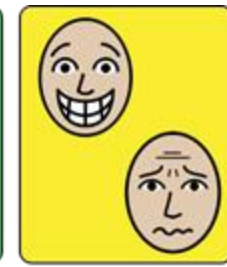
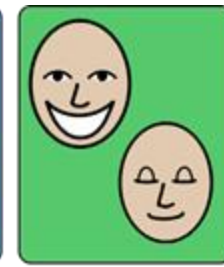
How does Riley feel?



Zones at PHS



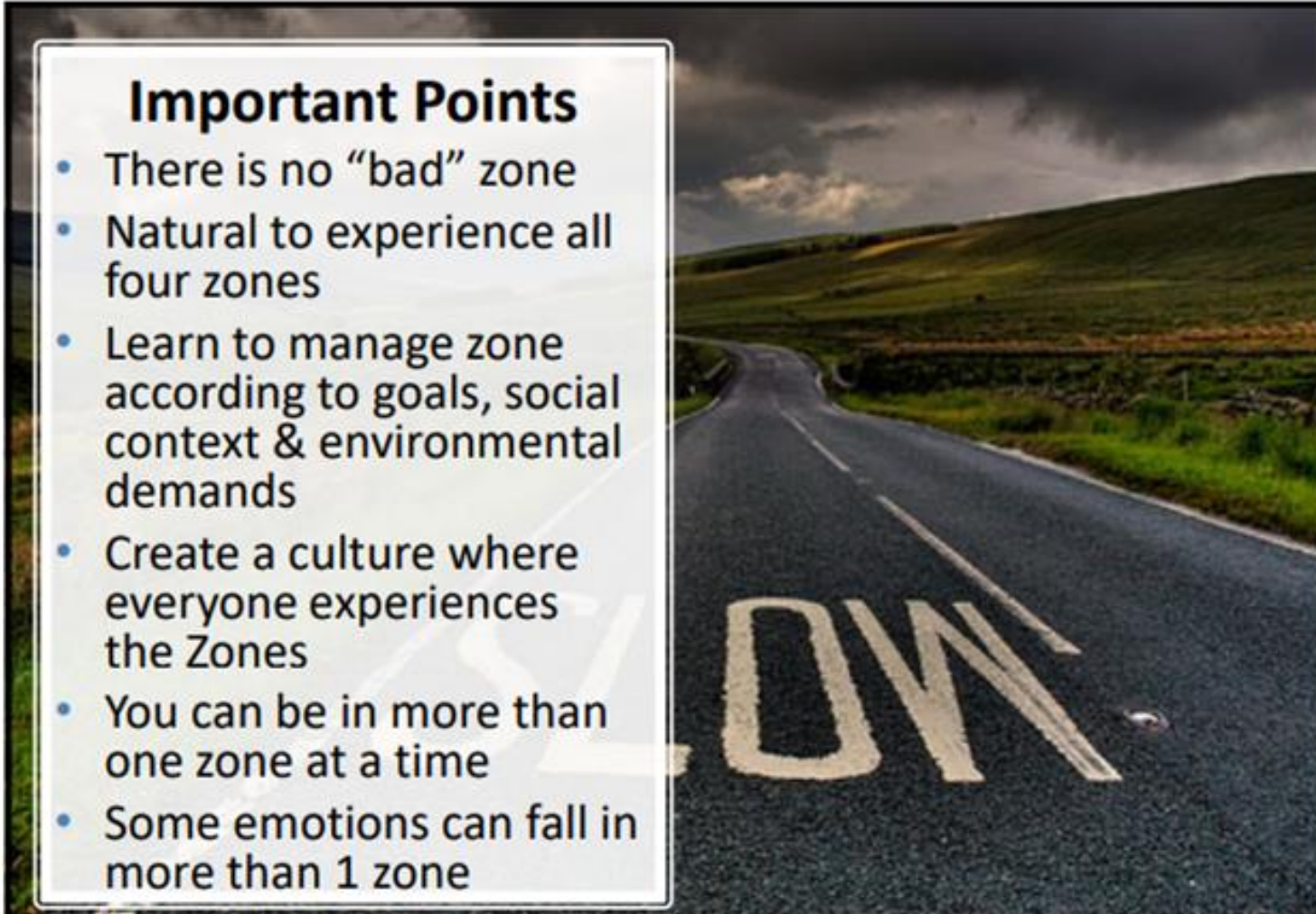
Zones at PHS



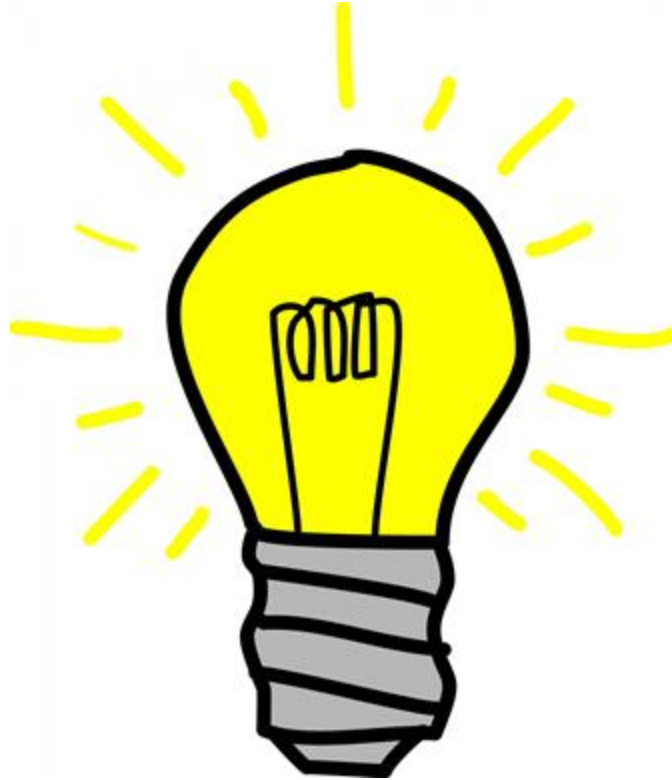
Red Zone is NOT the “Bad Zone”

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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