

THE ZONES OF REGULATION®

**A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL**

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CD

**of full-color,
ready-to-print
reproducibles**

(PC and MAC friendly)

This curriculum teaches students to use strategies or tools to help them move between zones. The Zones of Regulation categorizes states of alertness and emotions into four colored zones. It is important to know that it's fine for students to experience all these emotions while they're at school. There is no *bad* zone, but it *is* important to learn and use strategies that would help students get to their Green Zone. The teacher should always use ZONES colors when referring to the student's behavior. This takes the emotion out of it, does not personalize it, and directly speaks to the behavior, not the student.

Examples:

"I see you're feeling blue, how can I help?"

"I love how quiet you are working, what excellent green behavior."

"Throwing items is red, let me know when you are ready to get back to green."

"You seem yellow right now, how can I help you calm down?"

What are the Zones of Regulation?

The Blue Zone

The Blue Zone is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored. This is when one's body and/or brain is moving slowly or sluggishly.

The Green Zone

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

The Yellow Zone

The Yellow Zone is also used to describe a heightened state of alertness; however, a person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The Yellow Zone is starting to lose some control.

The Red Zone

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behavior, panic, terror, or elation when in the Red Zone. Being in the Red Zone can best be explained by not being in control of one's body.

In the classroom, students are provided strategies to help them regulate their bodies and get back to the green zone. We created a visual to help remind students of the different strategies they could use in the different zones. These strategies are meant to take no more than 5-10 minutes.