

Zones of Regulation on a Page



The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school.

The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

What are the different Zones?

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.



	Blue Zone	Green Zone (Safe to Learn)	Yellow Zone	Red Zone
How we feel	We feel down or moving slow.	We feel comfortable and in control. We may find it safer to listen and learn.	We feel stronger emotions and have more energy.	We feel really big, powerful emotions.
Examples	sad, sick, tired	happy, calm, thankful, focused	excited, worried, confused, frustrated	angry, overjoyed, terrified, panicked
Tools - What can I try? (These are just a few)	Talk to an adult Stretch Draw a picture	Drink water Complete work Listen Help others	Take a short break Drink water Squeeze or press something	Talk to an adult Get fresh air Deep breaths Count to 10 or 20
How do these tools help?	These tools help us to wake up, feel better and are comforting.	These tools help us to stay focused and feeling safe.	These tools help us to feel calmer and regain focus.	These tools help us start to gain control, feel calmer and feel safer.

Everyone experiences all of the Zones. The Red and Yellow zones are not 'bad' Zones. All of the Zones are expected at one time or another- the Blue Zone, for example, is helpful when you are trying to fall asleep.