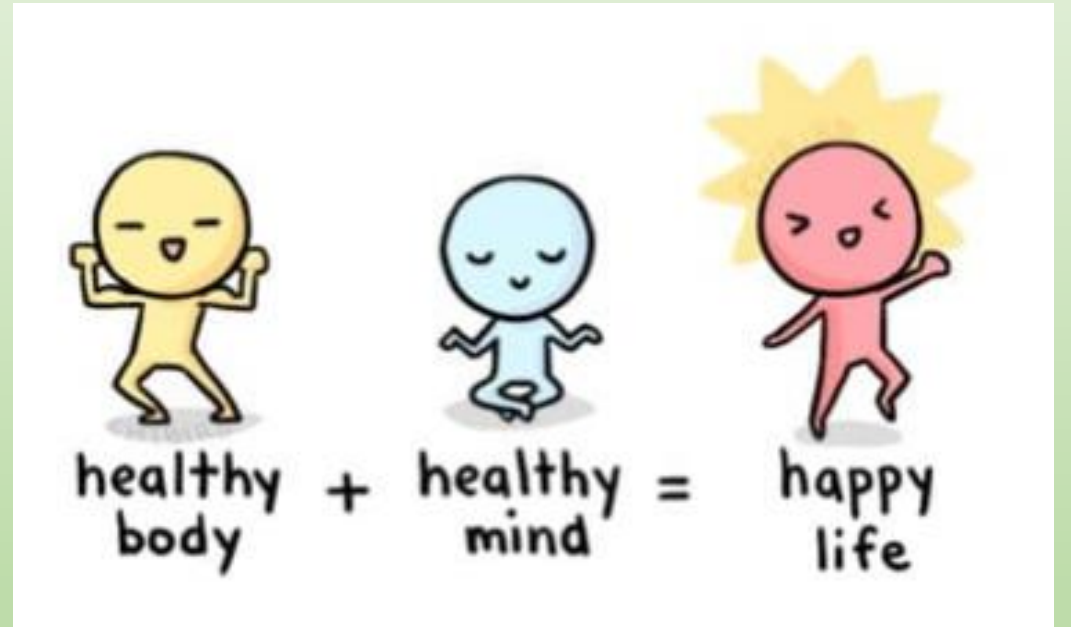


Zones of Regulation



Today...

- Learn to understand how our brain and body feels using the **Zones of Regulation**
- Find ways to stay calm, focused, happy and ready to learn!



** Regulation = to control*

What is self regulation?



What do you do
when your body
feels cold?



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 hot?




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

What is self regulation?

You can also regulate your thinking and feelings too!



What we
THINK is how
we...



...**FEEL!** How
we **FEEL**
will...



...determine the
CHOICES WE MAKE!

What is self regulation?

The first step to self regulation is identifying how your body and brain feels.

There are four **Zones** that can help us with this – they are called the **Zones of Regulation!**

How does my brain and body feel?



The Zones of Regulation



Feelings are **complicated**. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies.

The Zones of Regulation organises our feelings and energy levels into four coloured Zones.

This makes it easier to talk about, think about and regulate our emotions and feelings.

The Zones of Regulation

ALL Zones are
OK because
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 feel tired or sad
- This is an unexpected zone to be in for learning.

How might you feel in the Blue Zone?

REST AREA
↗

Tired



Hurt



Sad



BLUE ZONE FEELINGS

Bored



Lonely



Sick



Sleepy



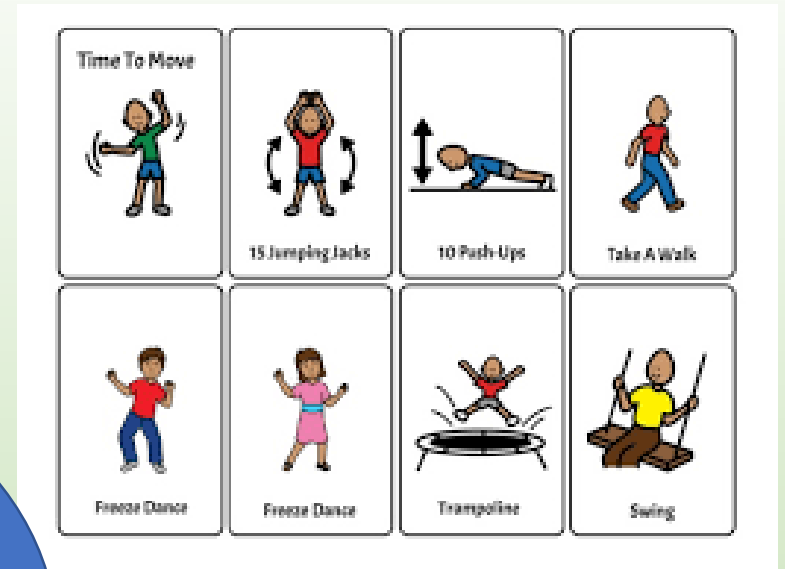


Talk to someone



Stand up and stretch

What can you
do to get
out of the Blue
Zone?



Movement break



Close your eyes and
take a deep breath!

The GREEN Zone



- 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!
- Your energy level will be 'just right'
- You will feel calm and ready to learn.

How might you feel in the Green Zone?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy



Focused

The YELLOW Zone



- You will be in this zone during play time, lunch time and even at the end of the day
- During these busy and active times, it's **expected** that you will be in the YELLOW ZONE!
- Your energy levels will be up and you will feel 'busy'
- It can be a confusing zone though – you might feel excited but also frustrated too at times.

How might you feel in the Yellow Zone?

Slow
Down
!

YELLOW ZONE FEELINGS



Annoyed



Surprised



Silly



Excited



Frustrated



Competitive



Talk to someone



What can you
do to get
out of the
Yellow Zone?



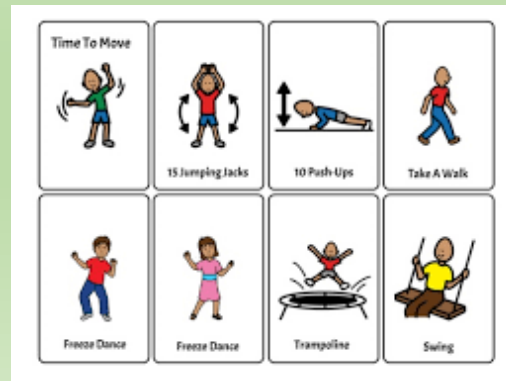
Do some calm
counting



Squeeze something



Close your eyes and
take a deep breath!



The RED Zone



- We might feel out of control when we get in the Red Zone
- We might not be able to keep ourselves or others safe
- We don't expect to see anyone at school in the Red Zone but sometimes it can happen – that can be scary for the person and those around them
- When we're out of control, we can do things that hurt or upset ourselves and others

How might you feel in the Red Zone?



Terrified



RED ZONE FEELINGS



Aggressive



Angry



Ask for help



What can you
do to get
out of the Red
Zone?



Do some calm
counting



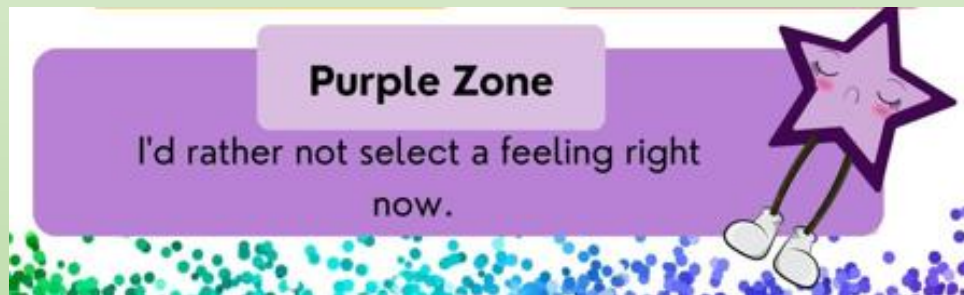
Find a safe space



Close your eyes and
take a deep breath!



What if I don't want to share which Zone I am in?



Sometimes we don't want to share how we are feeling – that is OK!

Remember though! Sharing your feelings can **help to understand** them and to **learn how to manage** them.

Remember!

The first step to self regulation and being calm is identifying how your body and brain feels.

*Which **Z**one are you in right now?
Tell the person next to you!*



What next?

- Soon you will see a **ZONES** display in **every** classroom
- At registration, after break, after lunch and just before home time, think about which **Zone** you are in during the day and why. Share this with your teachers, your parent/carers and friends
- Support your friends if you see that they have gone into an unexpected **Zone**
- Talk to your parents/carers about **ZONES** – you can teach them all about how we are learning to understand how our **brain and body feels**.

