







# The Zones of Regulation



			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Relaxed	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

## Understanding ZONES Tools

As part of our learning about the Zones of Regulation, children will get to choose 'tools' to go in their toolkits.

### UNDERSTANDING ZONE TOOLS:



**Blue Zone tools:** help wake up our bodies, feel better and regain focus.

**Green Zone tools:** help us stay calm, focused and feeling good. These are often proactive strategies.

**Yellow Zone tools:** help us regain control and calm ourselves.

**Red Zone tools:** help us stay safe and start to calm down.

These 'tools' aren't just for school: they can be used at home too so you can help your child to regulate (manage) their emotions.

Read through some of the strategies below to decide what would go in **your** Zones of Regulation toolkit? Think about:

What helps you to calm down when you are stressed?

What helps you to focus when you are tired?

What do you do to calm down when you are angry?

Different tools work for different people. Can you help your child choose what works for them when they need to move from one zone to another?

## SENSORY TOOLS



Could you have a sensory box at home?

Sensory tools include anything which you can see, touch/feel, smell, hear or taste.

They also are things which encourage you to move.

- Having a bear hug
- Using a wobble cushion
- Using a weighted toy or blanket
- Ear defenders / headphones
- Blowing bubbles
- Watching changing coloured lights
- Soft, dimmed lighting
- Fidget and squeeze toys or putty
- Smelling relaxing scents like Lavender
- Eating chewy food
- Swinging or rocking

- Eating a strong mint
- Wall push-ups
- Sucking a smoothie or milkshake through a straw
- Roll on a balance ball
- Listen to classical music
- Have a dance
- Jumping on a trampoline
- Having a nice warm bath
- Listening to bird / nature sounds
- Going for a walk or run

## **CALMING ACTIVITIES**

Puzzles

Listen to Music

Draw/Paint

Origami

Play-Doh/clay

Read

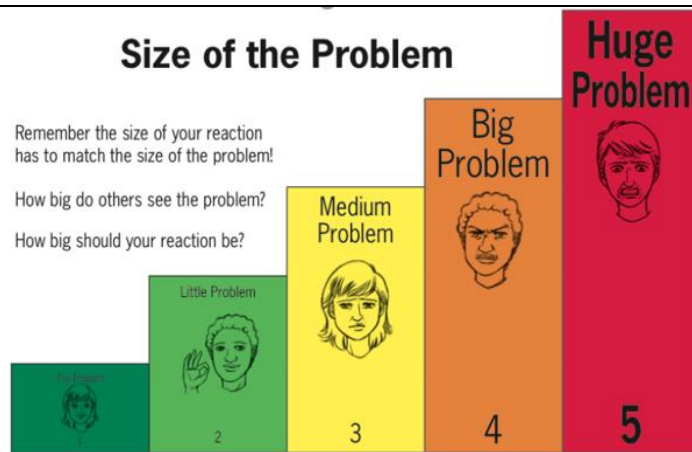
Stack Rocks



These include any activities which distract you or need you to focus to take your mind off worries and negative thoughts.

## **Thinking Techniques**

These are strategies to challenge negative thoughts and help a child to deal with problems.



Make sure you frequently praise your child for having expected reactions rather than just pointing out the unexpected reactions.

### Inner Coach versus Inner Critic

Instead of...	Try thinking....
I'm not good at this!	What am I missing?
I give up!	I'll use some of the other strategies I've learned.
This is too hard!	This might take some time and effort.
I can't make this any better!	I can always improve; I will keep trying.
I can't do maths!	I'm going to train my brain in maths.
I made a mistake!	Mistakes help me to improve.
I'll never be as smart as her / him!	I'm going to work out what they do and try it.
It's good enough!	Is this really my best work?