

## Why teach the Zones of Regulation?

Teaching children strategies so that they can help themselves when angry, frustrated, anxious or sad are important life skills. When we teach these skills, children are empowered to use the strategies to move from a zone that is disrupting their learning, to the green zone that allows the highest level of success.



The goal is to have students in the Green Zone as much as possible throughout the day to maximize learning and growth.

# Strategies for moving back to the Green Zone

## Blue Zones (Sad, Tired, Sick)

I can try these tools:

Stretch \* Get a Drink \* Talk to a grown-up \* Take a walk

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## Red Zone (Angry, Yelling, Out of Control)

I can try these tools:

\*Take a break \*Take deep breaths \*Talk to a grown-up

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## Yellow Zone (Excited, worried, silly, starting to lose control)

I can try these tools:

\*Take a break \*Talk to a grown-up \*Take deep breaths \*Silent counting

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