

THE **ZONES** OF REGULATION GLOSSARY

Self Regulation: The ability to achieve the preferred state of alertness for the given situation. This includes regulating one's body's needs as well as one's emotions.

The Zones: A concept used to help students learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels and emotions into four colored Zones with which the students can easily identify.

Blue Zone: Used to describe a low state of alertness. The Blue Zone is used to describe when one feels, sad, tired, sick, or bored.

Green Zone: Used to describe the ideal state of alertness. A person may be describe as calm, happy, focused, or content when they are in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

Yellow Zone: Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone.

Red Zone: Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

Toolbox: A collection of calming and alerting strategies a student can pull from depending on the present need.

Tools or Strategies: Used interchangeably to refer to a calming or alerting technique that aids the student in self-regulation.

Expected Behaviors: Behaviors that give people around you good or comfortable thoughts.

Unexpected Behaviors: Behaviors that give people uncomfortable thoughts about you.

Small Problem: Problems that can be ignored or that you can solve yourself.

Medium Problem: Problems that are able to be solved with help of an adult/

Big Problem: Problems that take multiple adults and multiple days to fix, usually emergencies.

Size of the Reaction: How big your reaction to a problem is. Your reaction size should match the size of your problem.