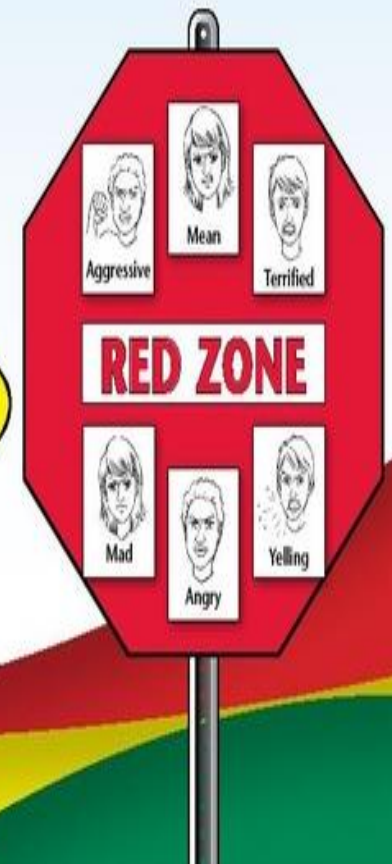
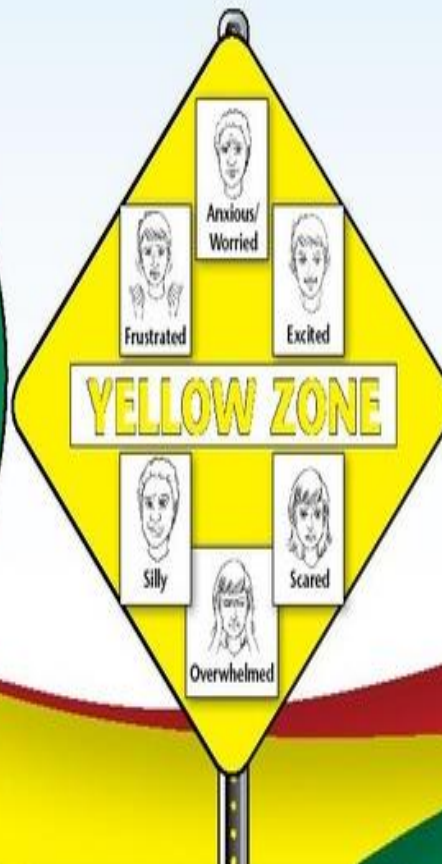
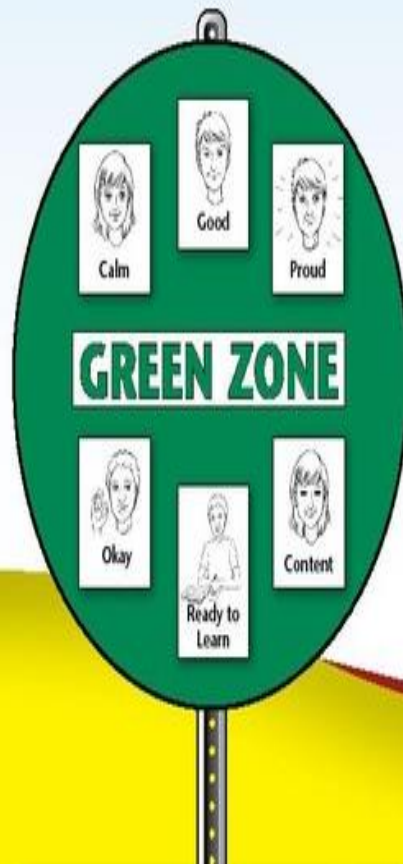
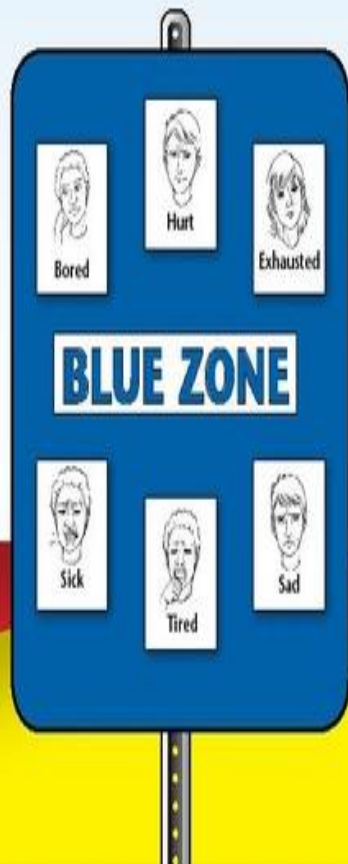


# THE ZONES OF REGULATION<sup>®</sup>



# Zones of Regulation

- There are 4 Zones to Describe how your brain and body feel.



ENCOURAGE STUDENTS TO THINK OF HOW IT FEELS IN THEIR BODY.  
WHAT ARE THEIR FACE AND BODY **CLUES** THAT THEY ARE IN A CERTAIN ZONE.

# THE ZONES teach self-regulation?

## What is Self-Regulation?

- \* The ability to manage and direct one's own physical states, feelings, thoughts, and actions in healthy, pro-active ways to be successful across several domains of life.
- \* It is universal... a set of skills everyone needs for success.
- \* Also called self-control, emotion regulation, coping, impulse control, executive function, etc.

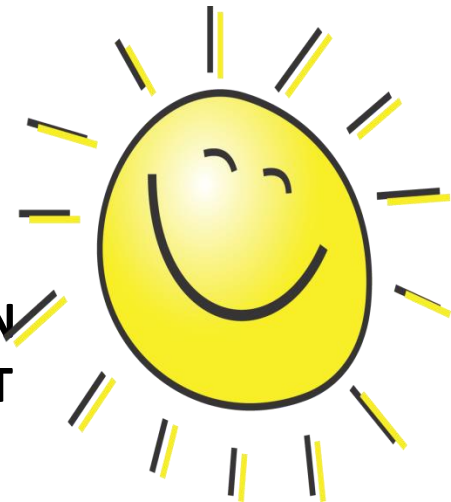
EMOTIONAL  
CHECK IN

# Green Zone

- The Green Zone, like a green light, is when you are “good to go.” If you are in the Green Zone, you may feel happy, calm, and focused.



**YOU ARE HAPPY, CALM AND GOOD TO GO WHEN YOU'RE IN THIS ZONE. THIS IS WHERE WE WANT TO STAY. THIS IS WHERE WE ARE THE MOST REGULATED**



## BLUE Zone

- When you're in the blue zone, your body is running slow, such as when you are tired, sick, sad or bored.



**YOUR MIND AND BODY NEEDS REST  
DURING THIS ZONE.**



## Yellow Zone

- The yellow zone describes when you start to lose control, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious or surprised. It is a good idea to use caution when you are in the yellow zone.



**PROCEED WITH CAUTION AND SLOW DOWN! THIS IS WHEN  
START TO LOSE CONTROL!**



## Red Zone

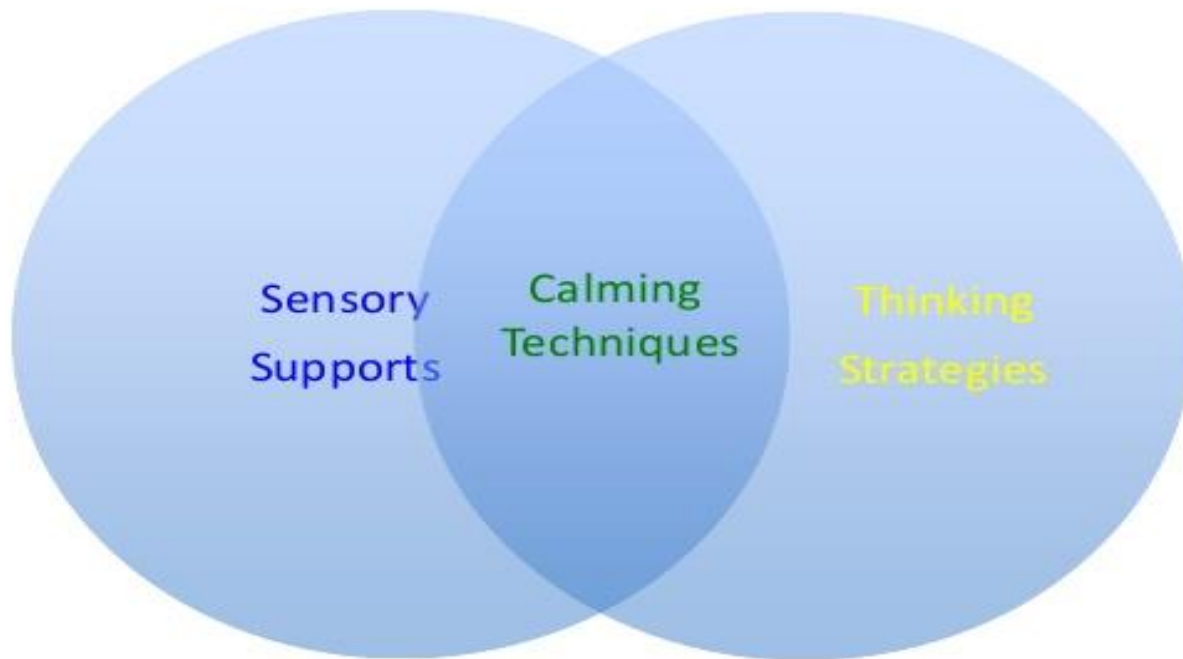
- The red zone is reserved for extreme emotions like terror, uncontrolled anger, and aggression. When you are in the Red Zone, you are out of control, have trouble making good decisions, and must STOP.



**IN THIS ZONE YOU ARE OUT OF CONTROL, HAVE TROUBLE MAKING GOOD DECISIONS AND MUST STOP!**



# Tools to Calm and Alert



# SENSORY CALMING TECHNIQUES

- FIDGETS
- DOTS AND SQUEEZES
- EAR ROLLING
- LISTENING TO MUSIC
- BOUNCING ON A THERAPY BALL
- DEEP PRESSURE
- WALL PUSH UPS
- HEADPHONES
- CROSS CRAWLS
- S'COOL MOVES



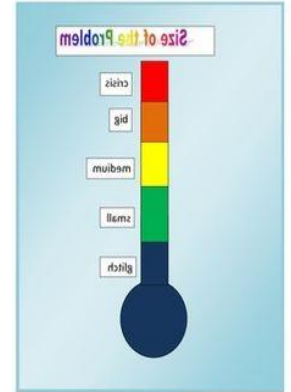
# CALMING TECHNIQUES

- BELLY BREATHING
- HEART TO HOME
- PRETZEL
- COUNTING TO 10
- VISUALIZING
- FIGURE 8 BREATHING
- FIGURE 8 TRACING FOR CALMING
- S'COOL MOVES



# THINKING STRATEGIES

- WHAT IS THE SIZE OF THE PROBLEM?
  - **SMALL MEDIUM OR LARGE**
  - THE SIZE OF THE PROBLEM SHOULD = YOUR REACTION
- **INNER COACH VS. INNER CRITIC**
  - THIS IS YOUR SELF TALK.
  - IS IT STINKIN THINKIN OR POSITIVE THINKING?
- **SUPER FLEX BRAIN VS. ROCK BRAIN**



**SUPERFLEX**



- ARE YOU FLEXIBLE AND BENDABLE IN THE WAY THAT YOU THINK? LIKE PLAYDOUGH? CAN YOU CHANGE YOUR ATTITUDE, YOUR THOUGHTS AND YOUR BEHAVIOR?
- Or
- ARE YOU STUCK IN ROCK BRAIN. DON'T CHANGE, WON'T CHANGE, GET STUCK IN NEGATIVE THOUGHTS OR BEHAVIORS.

