

ZONES OF REGULATIONS

ZONES OF REGULATION WEBSITE: [HTTPS://ZONESOFREGULATION.COM/](https://zonesofregulation.com/)

Zones Mission

“We believe that regulation is essential for leading a healthy and meaningful life. At The Zones of Regulation, we empower learners of all ages to understand the full range of their feelings, as well as explore tools and strategies to support their well-being.”

This year our school will continue to focus on teaching Zones of Regulation skills to all students. Our school counselor and social worker will be implementing lessons in each classroom. Our classroom teachers will support the Zones of Regulation framework.

Zones of Regulation focuses on identifying and applying effective coping strategies to regulate one’s emotions. The Zones of Regulation graphic below outlines the zones your child will learn.

The graphic features the logo for Customized Behavioral Healthcare at the top center, which includes a sunburst icon and the text 'CUSTOMIZED BEHAVIORAL HEALTHCARE'. Below the logo, the title 'zones of REGULATION' is displayed in a large, stylized font. The main content is a 2x4 grid table with four columns representing the zones: BLUE, GREEN, YELLOW, and RED. The first row of the table is labeled 'WHEN I AM:' and lists various emotional states for each zone. The second row is labeled 'I CAN:' and lists corresponding coping strategies. The table is set against a light beige background.

	BLUE	GREEN	YELLOW	RED
WHEN I AM:	tired bored sad	happy calm focused	excited frustrated anxious	out of control angry overwhelmed
I CAN:	drink water, have a snack, go for a walk, take a nap	keep up the good work! 😊	take a break, 3 deep breaths, play with a fidget, ask for help	go for a walk, drink cold water, relax my muscles, 10 deep breaths, grounding

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The following are the main topics that your child will learn this school year: the types of Zones, expected and unexpected behaviors, self regulation, thinking tools, sensory tools, Inner critic Inner Coach, Thinking Tool, and flexible thinking/ growth mindset.