

# The Zones of Regulation



The Zones use colour and visuals to identify, describe and respond to different emotions, developing self-regulation skills.

Visit <http://zonesofregulation.com> for further information. **The information on this page is taken from the website, based on the work of Leah Kuypers. Speak to your Speech and Language Therapist if you need further advice on how to set up and use the 'Zones'.**

'The Zones is a systematic, cognitive behaviour approach used to teach self-regulation by categorising all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

By addressing underlying deficits in emotional and sensory regulation, executive functions, and social cognition, the curriculum is designed to help move students toward independent regulation.'

## 'The Four Zones: Our Feelings & States Determine Our Zone

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

**(NB. It is important to remember that whilst we all like to be in the green zone, everyone, including adults, moves between zones during an average day – and that this is OK! A child should never feel 'told off' for not being in the green zone, instead they should be praised for identifying how they are feeling, whichever zone that happens to be.)**

The **Blue Zone** is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.'

Top tip: children can learn self-regulation skills by seeing how adults do it. Talk about what zone you are in, how you are feeling and what made you feel that way.

The 'Zones of Regulation' work best when families and professionals work together to share ideas and support the child.

Most of the information on this page is taken from [zonesofregulation.com](http://zonesofregulation.com) and is based on the 'Zones of Regulation' created by Leah Kuypers, 2011

