

The Zones of Regulation

Ready to Learn

Happy
Calm
Focused
Feeling good



Low energy

Sad
Bored
Sick
Tired



High energy

Silly
Wiggly
Excited
Frustrated
Annoyed



Out of Control

Mad
Angry
Terrified
Elated

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- A framework used to teach self-regulation
 - Helps children to categorize their feelings and improves their ability to recognise and communicate how they are feeling in a safe, non-judgmental way
 - A way of teaching children strategies or tools to help them move across zones
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Tools "what can I do to get back to green zone?"



count to 10



deep breaths



push the wall



do yoga



look at sensory toys

Everyone experiences all zones: the Red and Yellow zones are not "bad" or "naughty" zones. Zones of Regulation are intended to be neutral and not judgmental.