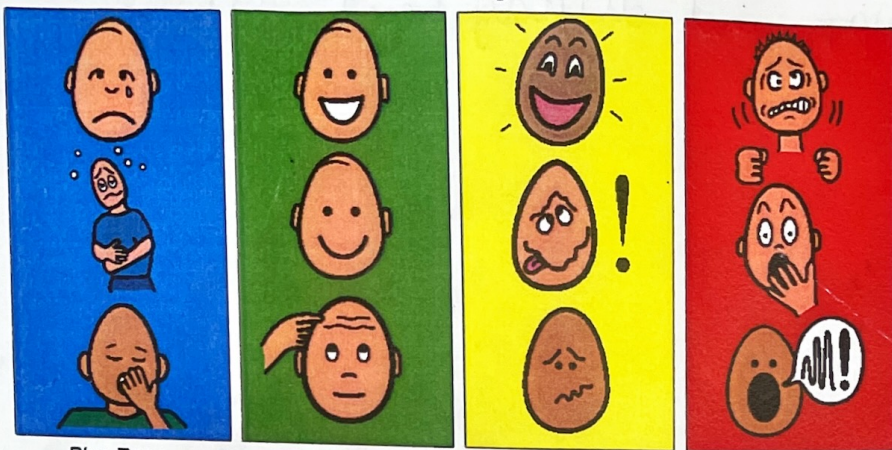


The Zones of Regulation



Blue Zone

Green Zone

Yellow Zone

Red Zone

<p>hurt sad depressed tired sick bored exhausted shy</p>	<p>good calm appreciated proud thankful happy good listener ready to learn focused okay</p>	<p>relaxed excited frustrated nervous anxious/worried silly annoyed overwhelmed scared jealous upset</p>	<p>uncomfortable confused embarrassed grouchy/ crabby overwhelmed scared jealous upset</p>	<p>mean mad yelling angry aggressive terrified out of control elated</p>
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- The Zones of Regulation is a fun way of helping children learn emotion words, understand how other people are feeling, and how they are feeling.
- It puts our emotions and states of alertness (low energy to high energy) into 4 coloured 'zones'
- It is ok to be in any of the zones – there are no 'good' or 'bad' zones, we all move between each of the zones (probably every day!)
- We want to be in the green zone as much as we can, so that we feel calm and ready to listen and learn. But we can't be expected to be in the green zone all of the time
- If we are in the blue zone we have lower energy, so often need to do things to give us energy, or rest
- If we are in the yellow or red zones we have more energy, so might need to do things to help us calm down
- When we get into the red zone, we need to stop and have time to calm down. It is very hard for us to think and listen to others when we are in the red zone

Talking about our feelings is really important for people of all ages, but if we can model this more at home/school/nursery, it will help children feel more confident in doing this.