





Zones of Regulation

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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How can you help?

Verbalise your feelings when interacting at home. For example, “this is really frustrating me and making me go into the **Yellow Zone**. I need to use a cool down tool to calm down. I will take some deep breaths.”

Help your child gain awareness of his / her zones and feelings by pointing out your observations.

Show an interest in learning about the zones

Praise your child when they are able to identify the zone they are in and apply their tools of regulation to respond to their emotional state appropriately.

Reinforce that everybody will experience all of the zones at one time or another. The **Red** and **Yellow Zones** aren't naughty or bad zones.

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