

Zones of Regulation

Blue	Green	Yellow	Red
			
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Good to Go Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited</p>	<p>Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space</p>

Successful regulation involves expressing our emotions in a socially acceptable way, in response to the demands of the situation. Regulation allows us to regain our balance and focus and is the process of trying to stay in just the right zone.

Regulation helps us to maintain good attention, be able to remain focused and respond appropriately. These factors will enable us to achieve our potential. We all need healthy strategies to get into a centred regulated state of mind and we can

achieve this by keeping in touch with our body and emotions.

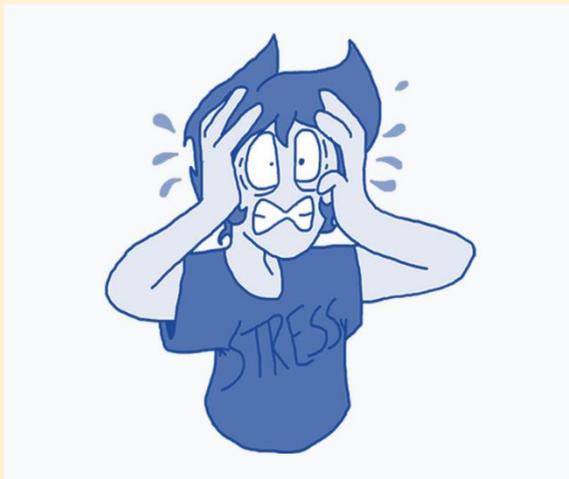
Adults and children work hard to stay regulated – calm, relaxed and happy!

This booklet is full of ideas and strategies that you can practice to use in class and other strategies to use when out of class. Please take your time to familiarise yourself and talk to Ms Collins if you want some more detailed explanation.



No matter how hard we try, there are times when we get upset, anxious or

even lose control as we go about our daily lives in school, at play and at home. It can be empowering to use daily habitual stress reduction strategies – these support the brain function, memory and motivation.



These strategies can help us regulate. We have the ability to change how we feel and to stop our brains and bodies feeling overwhelmed but it is important to practise the strategies that we have chosen eg: deep breathing and muscle relaxation techniques such as suggested in this book.

Using the colour scale below can help us to understand how we are feeling.



This helps us to realise that we may need to regulate our feelings/emotions to be able to manage the situation as well as we possibly can.

When we are in the green zone everything is fine, you are relaxed and happy. This is when we are best able to learn, meet and socialise with people. We all want to aim to be in the green zone for the majority of the day.



We can all learn to recognise when we are starting to move out of green zone and we can use our strategies to move back into green.

When we are in the yellow zone, you are beginning to feel a little nervous and not so well regulated. This isn't necessarily bad but it may mean that you are feeling a little uneasy about something or that you are uncomfortable for some reason.



Most people can still focus in the yellow zone but it is important to identify what may be making feel like this – is the room too hot or too cold, maybe you are hungry or thirsty, or maybe irritable or tired.



It is important to have some ideas about what will help when you feel like in the yellow zone. It is good to employ some of the strategies that

work for you at this stage – to become regulated and able to maximise your opportunities and move back to green.



When you are in the orange zone you are really starting to get nervous and feel very uncomfortable, you may be stressed about how someone has spoken to you or that you have forgotten your homework/equipment,

or you are upset with your family or friends.

You may start to feel scared or stressed, you may feel jumpy or start pacing. It is important to have a plan for how to calm your body and mind. You can use this booklet to devise your plan.



The main reason you want to be aware of your orange feelings is that this is your last chance for clear and reasonable thinking. This is when you need to make a decision that will seriously affect what happens next. That decision may be to take a walk, seek a safe place and/or talk to a safe adult.



By using some of the strategies in this booklet we can regain our centred state and become regulated again.

When you are in the orange-red zone you are not thinking clearly – your IQ drops 90 points when you are here.

This is extreme stress or anger – this is the danger zone – we do not want to be in the orange or red zone so please practise your plan!

