



What is the Zones of Regulation Resource?

- It is a tool to assist children to identify their feelings and levels of alertness.
- It can assist children to regulate their emotions.
- It can assist children to problem solve positive solutions.
- There is no good or bad Zone. All Zones, the full rainbow spectrum of emotions, are expected in life.

Benefits

- It can be used as a visual aide for children to communicate their feelings.
- It can build skills in [emotional and sensory regulation](#).
- It can be readily used by team leaders to work with children to identify their feelings.
- It can help children to build respectful relationships with other children and their team leaders.

How to use the resource

- Position the poster of the Zones in a central location.
- Encourage children to state what Zone they feel they are in at the start, middle and end of a session.
- Encourage children to aim consistently for the green zone and explain how the green zone will make them feel.
- Throughout the session, encourage children to check on their Zones and have them updated when needed.
- Use calming or alerting strategies from the [Zones Tools Menu](#) or those that have been recommended by the child's Occupational Therapist (OT), or parents.
- Ensure that there is a [sensory space](#) and/or sensory toolbox that can be used by children.

What are the Zones?

- The **Red Zone** is used to describe the most alert and intense feelings. This is to describe feeling angry, terror or out of control feelings.
- The **Yellow Zone** is used to describe feelings of alertness or heightened emotions, but not to the extreme of the Red Zone. These could describe feeling silly, worried, frustrated, or anxious.
- The **Green Zone** is the best zone to be in. This is when the child is at their best for learning and interacting. The green zone is used to describe feeling calm, happy, focused, and ready to learn.
- The **Blue Zone** is the least heightened of all the zones. This is generally used when the child is feeling down and is used to describe feeling bored, tired, sick, or sad.

Additional Resources and Training

<https://zonesofregulation.com/index.html>

Free Downloads

The Zones of Regulation: <https://www.zonesofregulation.com/free-downloadable-handouts.html>

Zones Tools Menu: https://www.summit.k12.nj.us/uploaded/Special_Services_Files/Zones_of_Regulation/Zones_Tools.pdf

The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

ZONES Tools Menu

