

Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Listen	Frustrated Worried Silly/Wiggly Excited Loss of some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Zones of Regulation supports children to manage and regulate their feelings and emotions. It aims to support pupils to identify different feelings and emotions and further develop mutual and self-regulation strategies to support them when they are in different zones:

GREEN ZONE – feeling calm and ready

BLUE ZONE – energy running low

YELLOW ZONE – quite strong but can manage

RED ZONE – very strong feelings, out of control

Here are some ways that you can carry on supporting your child at home to use ‘Zones of Regulation’.

1) Use the ‘zones visual’ when talking about feelings and emotions.

2) Ask your child during the day:

‘What zone are you in?’

‘How do you feel?’

‘Why are you in the ___ zone?’

‘How can I help you move back to the green zone?’

‘What do you need to move back to the green zone?’

3) Model how you are feeling to them, for example, *‘I am feeling (yellow zone) because you are not helping me to tidy up.’*