

The Zones of Regulation

A curriculum designed to foster self-regulation and emotional control

Created by Leah Kuypers

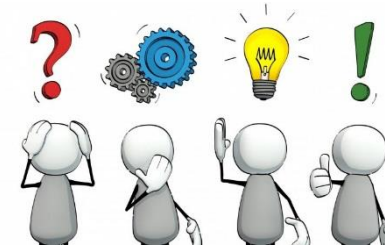
Charley Leonard and Abi Carter

Speech and Language Therapists



SURREY

Think about it.....



When our kids are
STRESSED,
they are not ready to
learn!



What is Self-Regulation ?



https://www.youtube.com/watch?v=H_O1brYwdSY

The ability to adjust level of alertness AND how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals. (Bronson, 2001)

What are the Zones?

BLUE Zone- used to describe **low states of alertness** and down feelings. Your body is **moving slowly or sluggishly**. Feeling **sad, tired, sick, bored, hurt** etc...





GREEN Zone- used to describe a **calm state of alertness**. Your body is **alert and 'good to go'**. Feeling **happy, calm, content, focused, ok** etc...

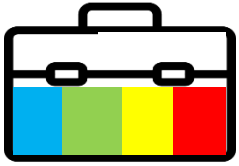
YELLOW Zone- used to describe a **heightened state of alertness with elevated emotions** and **starting to lose some control**. Feeling **frustrated, nervous, confusion, stress, silliness, 'the wiggles'** etc.....

RED Zone- used to describe **an extremely heightened state of alertness with very intense emotions**. You are **not in control of your body**. Feeling **rage, panic, terror, devastation, extremely silly** etc....

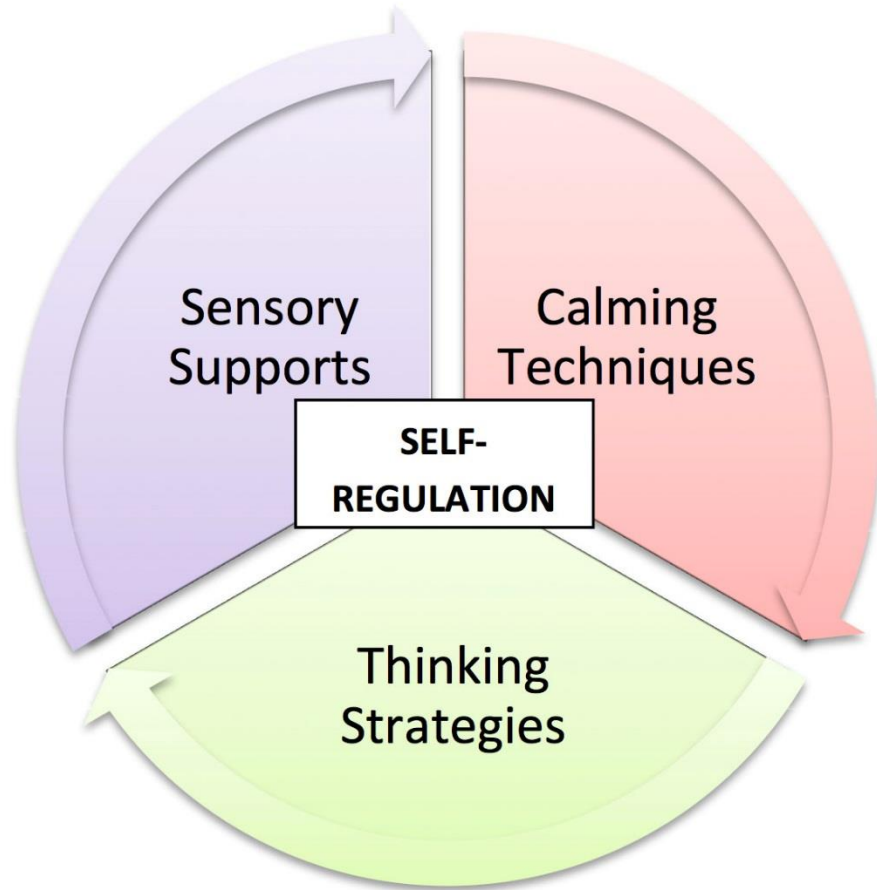


The ZONES of Regulation®

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



Tools for Self-Regulation



Sensory support

- Will depend on the sensory supports and equipment available

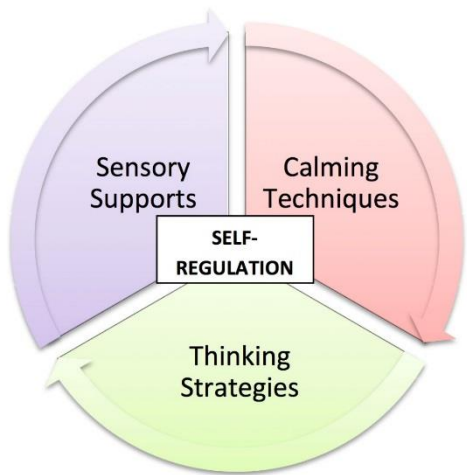
Calming techniques

- 6 sides of breathing
- Lazy 8 breathing
- Calming sequence
- Count to 10
- Deep breaths

Thinking strategies

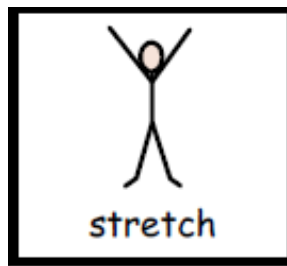
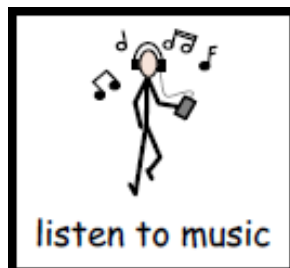
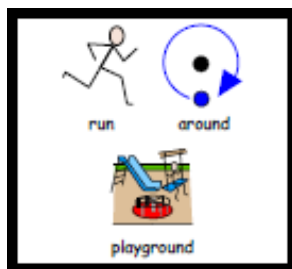
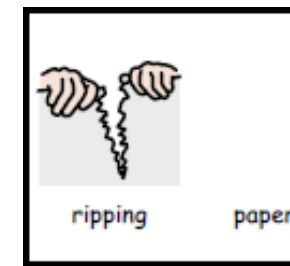
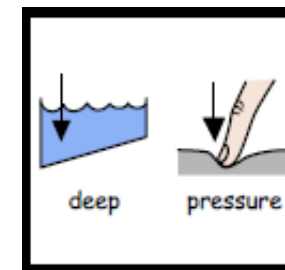
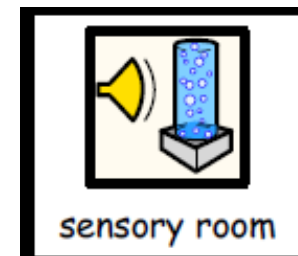
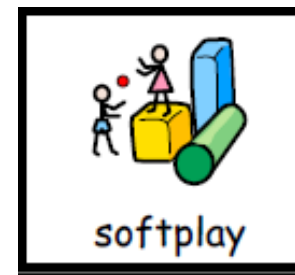
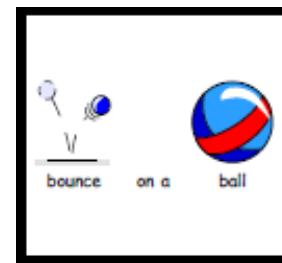
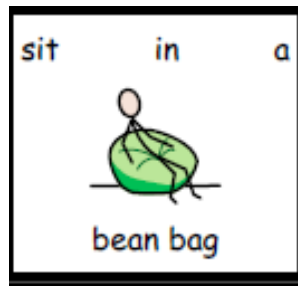
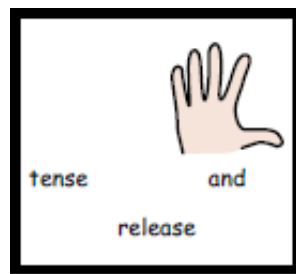
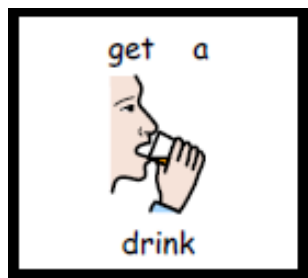
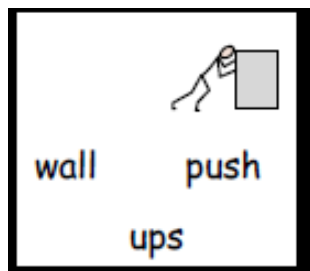
- Big vs Little Problem
- Superflex[®] vs Rock Brain Thinking

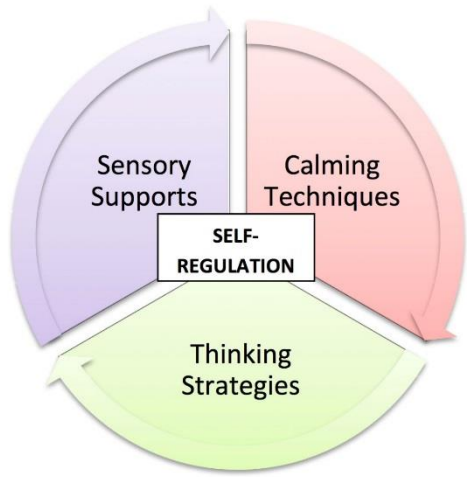




Sensory support

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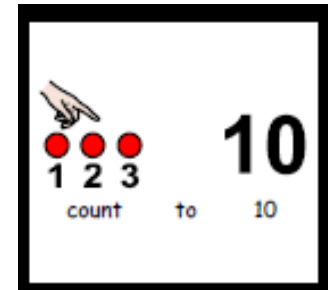
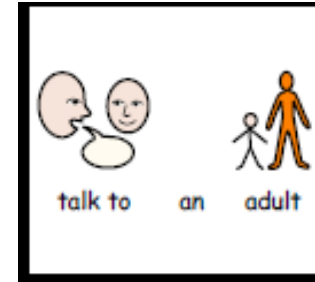
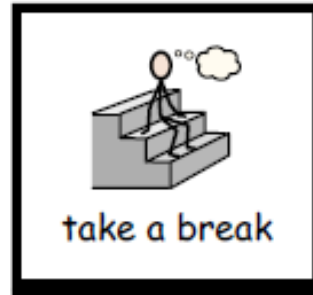
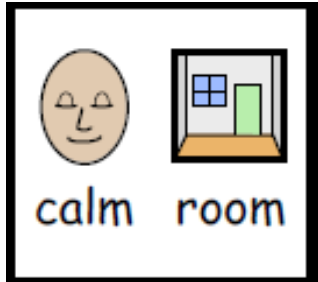
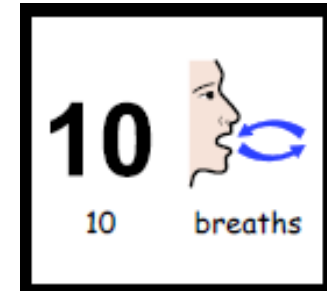
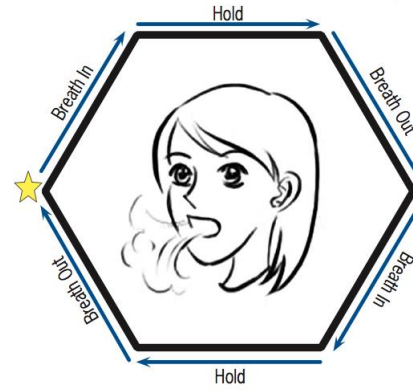




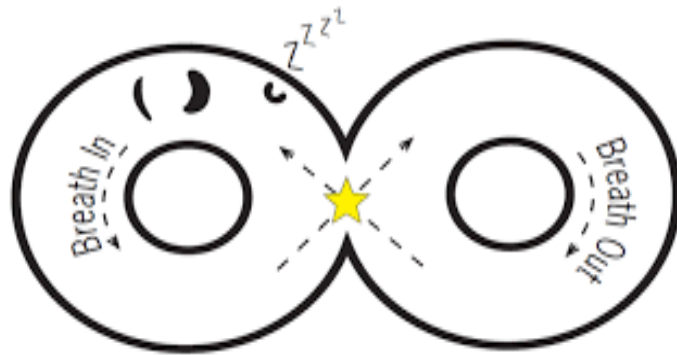
Calming techniques

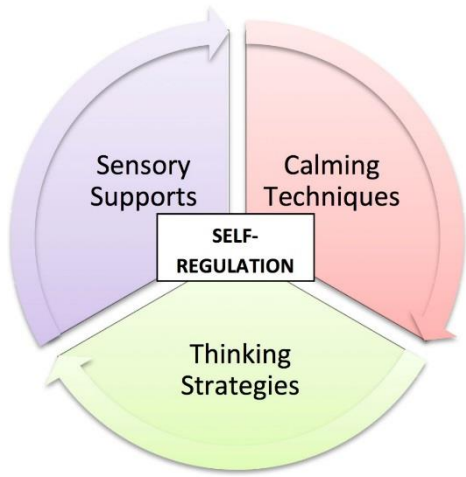
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The Six Sides of Breathing



Lazy 8 Breathing





Thinking strategies

- Big vs Little Problem

How Big is My Problem?

5	<p>Emergency You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).</p>	
4	<p>Gigantic problem You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).</p>	
3	<p>Big problem You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).</p>	
2	<p>Medium problem You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).</p>	
1	<p>Little problem You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).</p>	
0	<p>Glitch You can fix yourself (changing clothes, cleaning up toys, forgetting favorite toy or blanket).</p>	



How do I feel?

bored	hurt	sad
tired	shy	sad

calm	sad	happy
focused	relaxed	relaxed

frustrated	worried	excited
silly	confused	scared

angry	aggressive	mean
out of control	mad	terrified

sit on the floor	talk to an adult	hug
have a drink	sit on the floor	go to the hospital

learn	listen	work hard
good choices	help of friends	help of friends

walk	tell an adult	deep breaths
count to 10	thinking time	think happy thoughts

count to ten	deep breaths	thinking time
run around the playground	talk to an adult	squeeze

rest

good to go

slow

STOP!

