

# The ZONES of Regulation®

HOME PACK





# What are The **ZONES** of Regulation®?

- The **ZONES** is a concept designed by Leah Kuypers, licensed occupational therapist, to help a young person gain skills in the area of self-regulation.
- Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.
- For example, when a child plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

# What are The **ZONES** of Regulation®?

- The **ZONES** are designed to help the young person recognize when they are in different zones as well as learn how to use strategies to change or stay in the zone they are in.
- In addition to addressing self-regulation, the students have an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem-solving skills.

# The ZONES of Regulation®

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

# How are the ZONES useful?

- Help the young person gain awareness of his or her zones and feelings by pointing out your observations.
- Talk about what zone is “expected” in the situation or how a zone may have been “unexpected.”
- Share with the young person how his or her behaviour is affecting the zone you are in and how you feel.
- Help the young person become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- Show interest in learning about the young person’s triggers and Zones tools. Ask the young person if he or she wants reminders to use these tools and how you should present these reminders.
- Make sure you frequently reinforce the young person for being in the expected zone rather than only pointing out when his or her zone is unexpected.

There is no such thing as a bad **ZONE**.

- It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones.
- All of the zones are expected at one time or another.
- The Zones of Regulation is intended to be neutral and not communicate judgment.

\* Here are a few ideas for a person's (child's) toolbox.  
These strategies can be used to move from a blue, yellow, or red zone to a green zone.

# 's **Toolbox**

## Blue Zone Tools

Talk to someone  
Play with a friend  
Go outside/Run  
Smile/Think happy  
deep breaths  
Take a nap  
Stretch/stand up  
Jump/Ask for help

## Green Zone Tools

eye contact  
Good body language  
Sit up/sit still  
Good attitude  
Good listener  
focused  
feeling okay  
Paying Attention

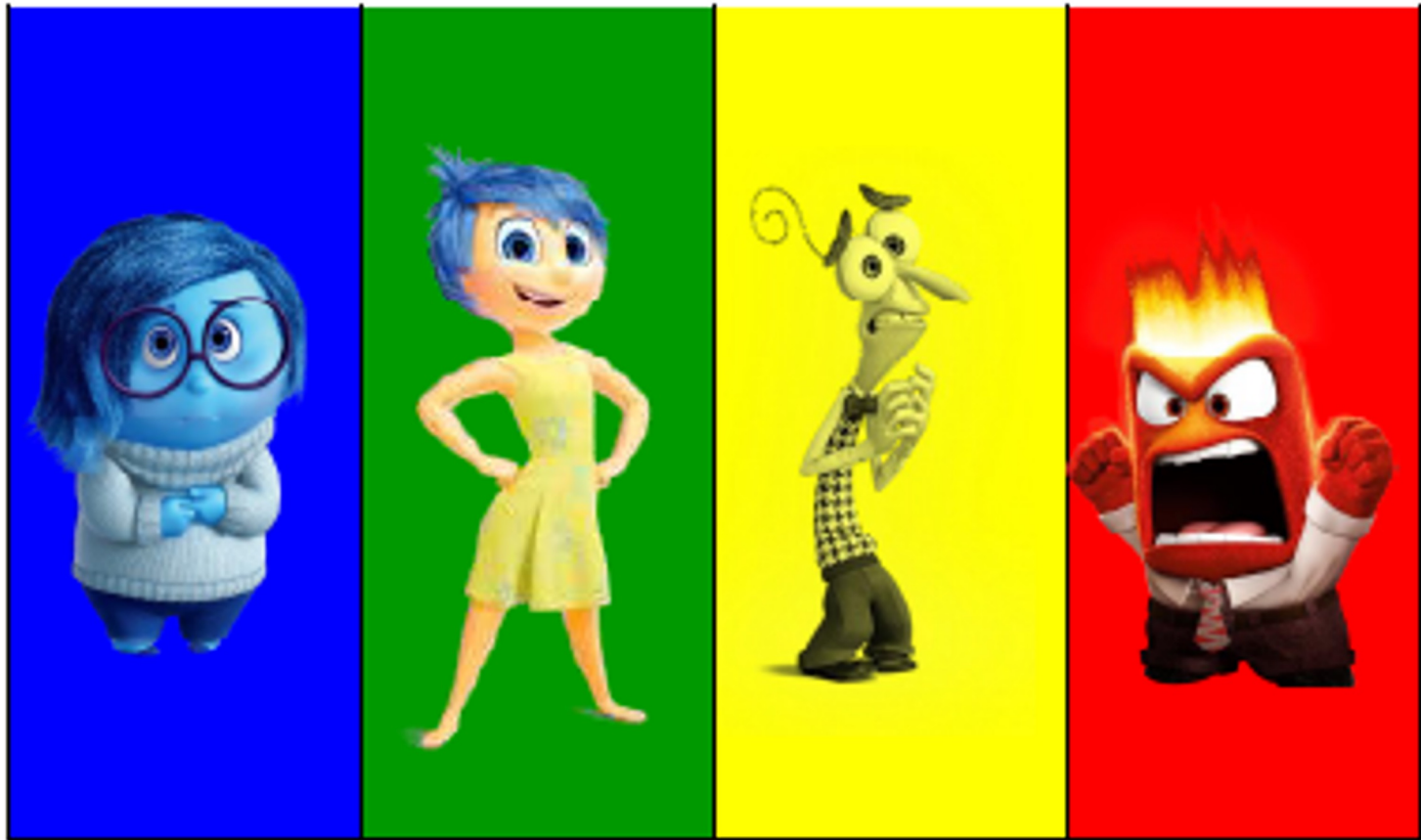
## Yellow Zone Tools

deep breaths  
Positive Self-talk  
Ask for help  
do your best  
Jump Around  
Take a nap  
Think positive  
Calm down

## Red Zone Tools





deep breaths  
apologize  
Quietly stomp feet  
hug or talk to  
Someone  
Count to 10 slowly  
color/run  
Do something else

# Other Tools and **ZONES** Visuals





# Other Tools and ZONES Visuals

Blue Zone	Green Zone	Yellow Zone	Red Zone
 A yellow Minion with a sad expression, wearing blue overalls and black shoes.	 A yellow Minion with a happy expression, wearing blue overalls and black shoes.	 A yellow Minion with a happy expression, wearing blue overalls and black shoes, holding a banana.	 A blue Minion with a large blue afro, wearing blue overalls and black shoes.

# Other Tools and ZONES Visuals

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## ZONE Idioms

### Blue Zone

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- Down in the dumps
- Downhearted
- Why the long face?
- Feeling blue
- Under the weather

### Green Zone

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- In seventh heaven
- I feel ten feet tall
- On top of the world
- On cloud nine
- Cool as a cucumber
- Pleased as punch
- I'm cool
- I'm down with that

# Other Tools and ZONES Visuals

## Yellow Zone

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- Wound up
- At my wit's end
- Butterflies in my stomach
- Woke up on the wrong side of the bed
- Chip on your shoulder
- Cause a stir
- At the end of your rope
- Under the wire
- Ants in your pants
- Fish out of water

## Red Zone

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- Lost my cool
- Ready to boil
- Blow off some steam
- About to explode
- Mad as a hornet
- Beside yourself
- Go bananas
- Go to pieces
- Come apart at the seams
- Thrilled to bits
- Over the moon
- Jumping for joy

# More Information on The ZONES

- Zones of Regulation website:  
<http://www.zonesofregulation.com/>
- Zones of Regulation Book and CD on Amazon.com
- [http://www.amazon.com/Zones-Regulation-Leah-Kuypers/dp/0982523165/ref=sr\\_1\\_1\\_twi\\_unk\\_2?ie=UTF8&qid=1450195647&sr=8-1&keywords=zones+of+regulation](http://www.amazon.com/Zones-Regulation-Leah-Kuypers/dp/0982523165/ref=sr_1_1_twi_unk_2?ie=UTF8&qid=1450195647&sr=8-1&keywords=zones+of+regulation)