



### 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  
Terrified  
Yelling / Hitting  
Elated  
Out of Control

The Zones can be compared to traffic signs.

When given a green light or in the Green Zone, one is "good to go". A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is in the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them.

For example, when playing on the playground, students often experience a state such as silliness or excitement and are in the Yellow Zone, which is fine. However, if the environment is changed to the library where there are different expectations, a student in the Yellow Zone would have to manage their emotions and behaviour differently so their behaviour meets the expectations of the library setting.

# THE ZONES OF REGULATION®



The Zones of Regulation is an approach used to teach students self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones.

The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

The Zones of Regulation incorporates Social Thinking® concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings and states.

