

Zones of Regulation



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?




What do you do
when your body
feels hot?




This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

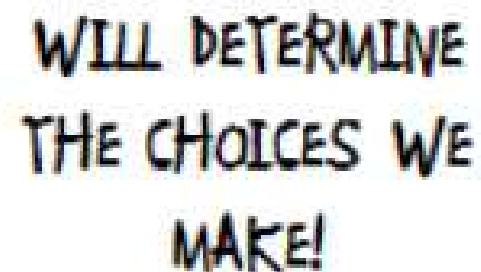
You can also regulate your thinking and your feelings too.



What we THINK
is how we...



FEEL! How we
FEEL.....



WILL DETERMINE
THE CHOICES WE
MAKE!

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain
and body feel?



The four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
			

All zones are OK! All feelings are OK!

We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.

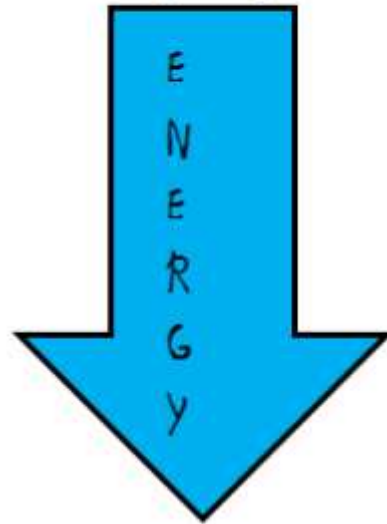


The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is an unexpected zone to be in for learning.



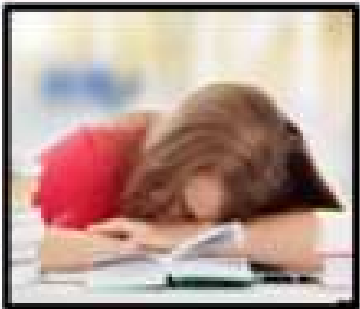
How does my body feel?



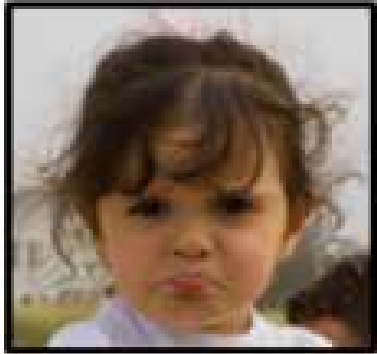
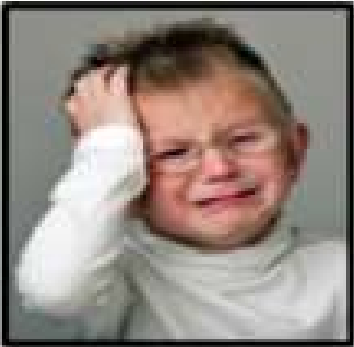
How does my brain feel?



Tired



Hurt



Sad

BLUE ZONE FEELINGS



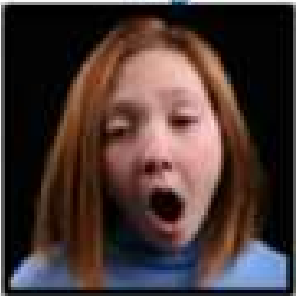
Bored

Lonely



Sick

Sleepy



Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

The **green** zone.....the learning zone!!
We are expected to be in the **Green Zone** while we are learning. It is when our brains and bodies are relaxed and focused!

How does my body feel?

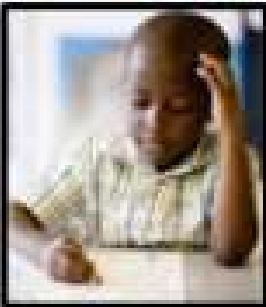
My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

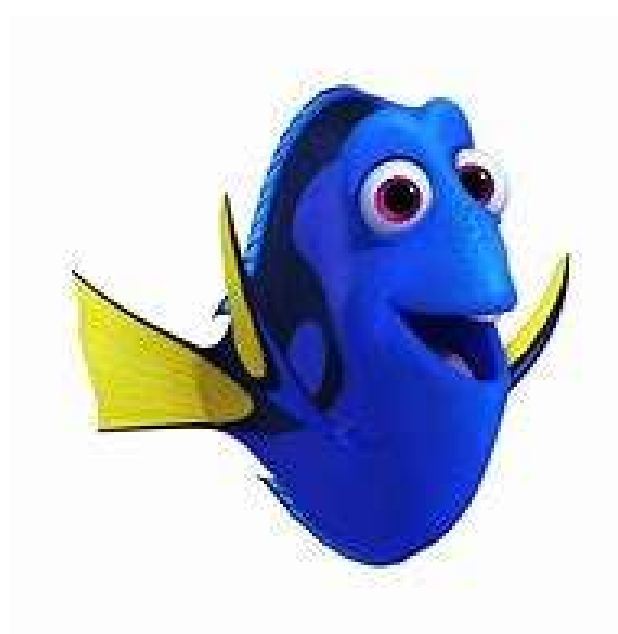
Happy



Focused

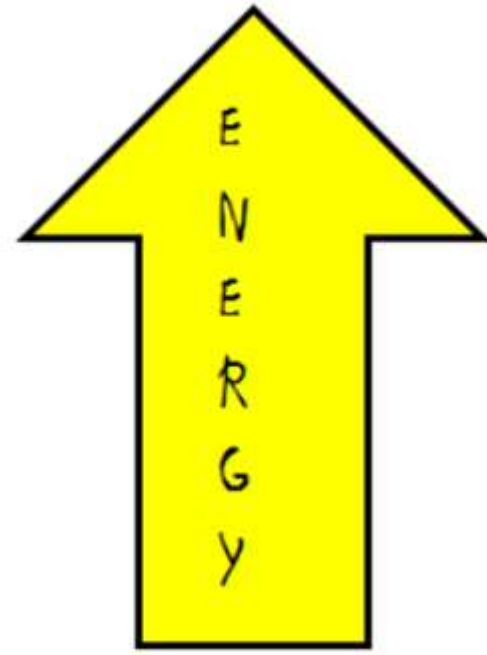
Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAX2J8>



The **Yellow** Zone.....during play time,
lunch time and even at the end of the day,
it's expected for us to be in the **YELLOW**
ZONE!!

How does my body feel?



How does my brain feel?

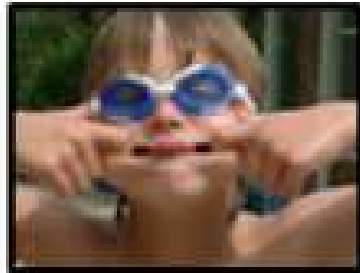


YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

Elf in the yellow zone

https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m



Dinosaur in the yellow zone

- <https://www.youtube.com/watch?v=2mZydCH3Cvg>

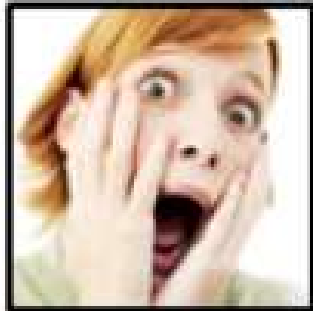


The **Red** Zone....when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!

How does my body feel?



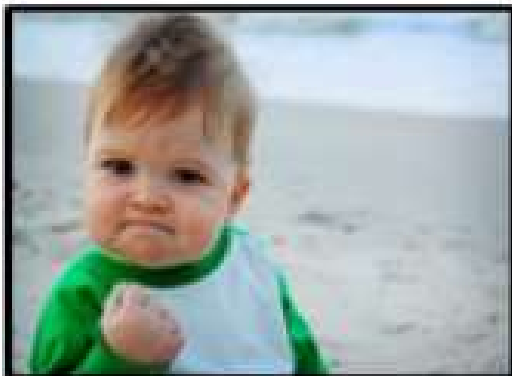
How does my brain feel?



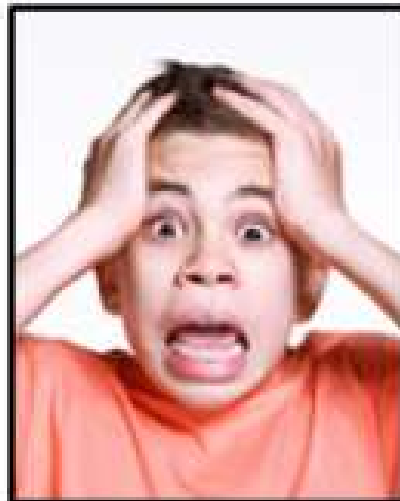
Terrified



RED ZONE FEELINGS



Aggressive



Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>



Summary of Emotions

- <https://www.youtube.com/watch?v=nEUzQ7yL9A0>



Zones Check-in

I am in the **blue** area, I could...



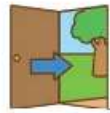
ask for a hug.



talk to an adult about my feelings.



have a rest.



go outside.

twinkl.com.au

I am in the **green** area, I am...



ready to learn.



feeling focused.



doing good listening.



able to help a friend.

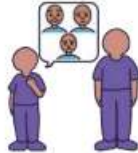
I am in the **yellow** area, I could...



take a break.



go for a walk.



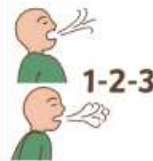
talk to an adult about my feelings.



do some exercise.

twinkl.com.au

I am in the **red** area, I could...



take deep breaths.



have some quiet time.



squeeze a cushion or something soft.



count to ten.

Label the feeling to control it!

Feelings and Emotions



excited



bored



scared



sad



hungry



dizzy



happy



cross



nervous



sick



worried

Think before you panic!

How Big is My Problem?

- 5 Emergency**
You need help from an adult e.g. fire, someone needs to go to the hospital, danger etc. 
- 4 Gigantic problem**
You can change this with a lot of help e.g. someone hurting you, hitting, bullying etc. 
- 3 Medium problem**
You can change with some help e.g. having to work with someone you don't like, someone takes something of yours, you have to do something you don't want to do etc. 
- 2 Little problem**
You can change with a little reminder e.g. not being first in line, not taking turns, not winning a game etc. 
- 1 Glitch**
You can fix this yourself e.g. getting changed for PE, forgetting a favourite toy, cleaning up etc. 

Any questions?