



What is “The Zones of Regulation” Curriculum?

The Zones of Regulation® is a way of teaching self-regulation developed by Leah Kuypers. Regulation is sometimes called: self-control, self-management, or impulse control.

The Zones is used to teach self-regulation by labelling all the different ways we feel and states of alertness we experience into four zones. The Zones curriculum provides strategies to teach children to become more aware of their emotions, improve controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

The Four Zones

The Blue Zone is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. Being in the Green Zone will help students be successful in the classroom.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone. A person is described as “out of control” if in the Red Zone.



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 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.

How can I support my child?

Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”

Point out your observations as they move from one zone to another. For example, “Your body looks like it is tired. You must be in the Blue Zone.” Validate the zone your child is in and help them brainstorm expected ways to self-regulate so his/her behaviour is expected for that situation. For example, “You look very upset. Maybe you want to have some time to yourself while you calm down.”





Share with your child how their behaviour is affecting the zone you are in (as a parent) and how you feel.

Show interest in learning about your child’s triggers and Zones tools. Ask if they wants reminders to use these tools and discuss how you should present these reminders.

Make sure to positively reinforce your child for recognising their zone and managing their behaviour while in it, rather than only pointing out when they are demonstrating unexpected behaviours.

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.

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 Terrified Yelling/Hitting Elated Out of Control
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