

We will be introducing students to The Zones of Regulation this year to help them learn and practice social emotional skills. This information sheet is intended for important people in students' lives (teachers, coaches, parents, etc) so that they understand the vocabulary students are learning and can reinforce it with the students.

THE ZONES OF REGULATION®

What are The Zones of Regulation?

The Zones is used to teach self-regulation by labeling all the different ways we feel and states of alertness we experience into four zones. The Zones curriculum provides strategies to teach students 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.

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 behavior, devastation, or terror when in the Red Zone. A person is described as “out of control” if in the Red Zone.

Expected and Unexpected Behaviors

Expected behaviors are the behaviors that give people around you good or comfortable thoughts about you. Classroom rules are the expected behaviors in the classroom and are taught consistently. (Examples of expected behaviors: raising your hand, paying attention, be respectful, etc.)

Unexpected behaviors are the behaviors that give people uncomfortable thoughts about you. The unexpected behaviors for the classroom are not always taught to students. It is important to teach students about how unexpected behaviors can affect their learning, as well as the learning of others. (Examples of unexpected behaviors: hitting, blurting out, not completing work, etc.)

Tools and Strategies

Students will work on developing a toolbox, which is a collection of calming and alerting strategies a student can pull from depending on the present need. The tools or strategies in the toolbox are calming or alerting techniques that help the student in regulation. Students will learn to use the Stop, Opt, Go concept to help control impulses and problem solving better solutions. Students need to first stop their brain before they act, think of the options and how they will work out, and go with the best option to help them get back to the Green Zone.

(**more info on back)

How can you use The Zones of Regulation?

Throughout the school year, students will receive instruction in identifying the emotions that go with each zone, expected and unexpected behavior, and tools and strategies.

Here are some things that can be done to support The Zones of Regulation:

- Continue to practice identifying the emotions that go with each zone
- Continue to practice identifying expected and unexpected behaviors
- Continue to practice utilizing tools and strategies (It is best to practice the tools and strategies when the students are calm, so they will be comfortable to use the tools when they are not in the green zone)
- When you see someone in the blue, yellow or red zone, prompt them to identify what zone they are in and to identify a tool or strategy they can use to get back to the Green Zone
- If you see a student in the yellow or red zone, prompt them to “stop their brain” and choose a strategy to calm down.

Emotions, Tools, and Strategies

Kindergarten Emotions List
Blue Zone
Sad
Tired
Sick
Green Zone
Good
Calm
Happy
Good Listener
Ready to learn
Yellow Zone
Excited
Frustrated
Silly
Red Zone
Mad
Angry

1st – 2nd Grade Emotions List
Blue Zone
Sad
Tired
Sick
Bored
Hurt
Green Zone
Good
Calm
Happy
Good listener
Ready to learn
Focused
Yellow Zone
Excited
Frustrated
Silly
Nervous
Confused
Red Zone
Mad
Angry
Mean

3rd – 5th Grade Emotions List
Blue Zone
Sad
Tired
Sick
Bored
Hurt
Exhausted
Shy
Depressed
Green Zone
Good
Calm
Happy
Good listener
Ready to learn
Focused
Appreciated
Proud
Thankful
Okay
Relaxed
Content
Yellow Zone
Excited
Frustrated
Silly
Nervous
Confused
Anxious/worried
Annoyed
Overwhelmed
Scared
Jealous
Upset
Uncomfortable
Embarrassed
Grouchy/crabby
Red Zone
Mad
Angry
Mean
Yelling
Aggressive
Terrified

Tools and Strategies
Blue Zone (Tools use to increase alertness)
Jump
Bounce
Run
Jumping jacks
Talk to an adult
Listen to upbeat music
Go for a walk
Green Zone (Tools used to maintain zone)
Read
Talk to an adult
Listen to music
Positive self-talk
Yellow Zone (Tools use to calm down)
Jump
Bounce
Run
Jumping jacks
Listen to music
Go for a walk
Deep breaths
Animal walks
Carry heavy objects
Push heavy object
Pull heavy object
Take a break
Fidget
Red Zone (Tools use to calm down)
Jump
Bounce
Run
Jumping jacks
Listen to music
Go for a walk
Deep breaths
Animal walks
Carry heavy objects
Push heavy object
Pull heavy object
Take a break
Fidget