

Using 'The Zones of Regulation' to understand emotions

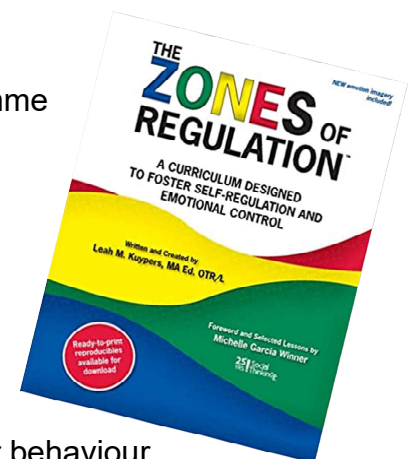
Why use The Zones of Regulation?





To teach students how to:

- identify their feelings.
- be aware of what zone they are in.
- independently regulate and control their emotions, manage sensory needs and improve their problem-solving skills.
- recognise the emotions of others and how their behaviour impacts on others.

What are 'The Zones of Regulation'?

- 'The Zones of Regulation' is a visual and structured programme to help students understand their feelings, energy, and sensory needs.
- It supports students to develop a toolbox of strategies to aid emotional and sensory regulation.
- The framework is designed to support students to move towards independent regulation and to understand how their behaviour can impact on others.
- It is a simple concept involving 4 colour zones: red, yellow, green and blue. Each colour represents an emotional state.



			
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

- **Blue** – under aroused, lethargic, tired, lacking motivation.
- **Green** – good to go, optimum state for learning.
- **Yellow** – worried, frustrated, over excited.

SCIL (Social, Communication, Interaction and Learning) Team

- **Red** – crisis point, language and learning are not available.

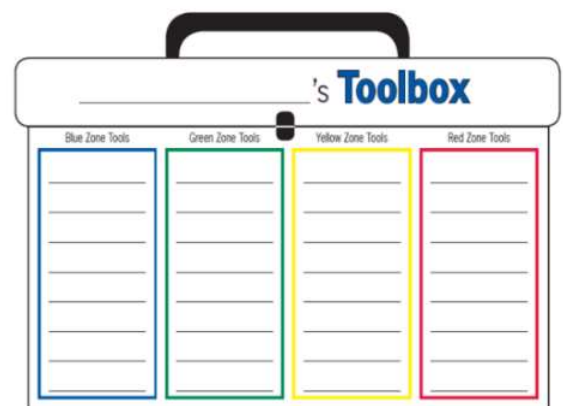
There are no good or bad zones. The zone we are in is determined by how we feel on the inside, not the behaviour on the outside.



How does it work? How do I introduce The Zones?

The framework is presented in 18 lessons and there are activities to reinforce the concepts being taught.

1. Start by identifying different emotions
2. Introduce the zones
3. Explore the zones – which zone am I in?
4. Understanding different perspectives
5. Zones throughout the day – check ins
6. Triggers
7. Exploring tools
8. Introduce the size of the problem
9. Creating toolboxes



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What does it look like in practice?

- Students (and staff) check in at the start of and throughout the day.
- Students are encouraged to learn about what different emotions look like in themselves and others.
- They learn how to manage their emotions and sensory regulation through taught activities and toolboxes of strategies.

Evidence base – informed by:

'The Zones of Regulation' Leah M Kuypers www.zonesofregulation.com