

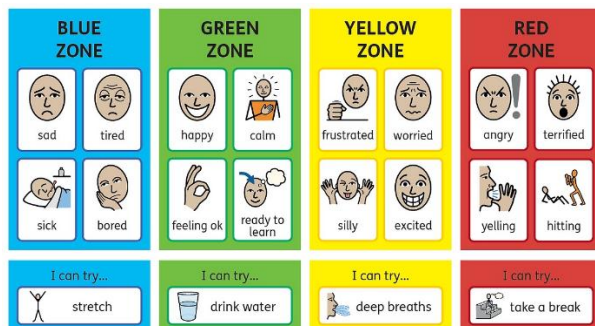


The Zones of Regulation is a curriculum designed to foster self-regulation and emotional control created by Occupational Therapist Leah M. Kuypers.

We use Zones of Regulation across the school. We have found that it has helped us to develop a common language across the school through which to discuss emotions and behaviours.

What is self-regulation?

Self-regulation can be described as the ability to adjust your level of alertness (including your senses, emotions and impulses) to fit the situation you are in and express this through socially appropriate behaviours. For example, the level of alertness required to read a book in a library and that needed to compete in a football match are very different, and the socially expected behaviours in each situation would also differ. It encompasses the skills of self-control, resilience, anger management, impulse control and sensory regulation.



‘The Zones of Regulation’ explained

A framework to simplify how we think about and manage our feelings and states

A supportive teaching tool

It categorises complex feelings and states into four coloured ‘Zones’

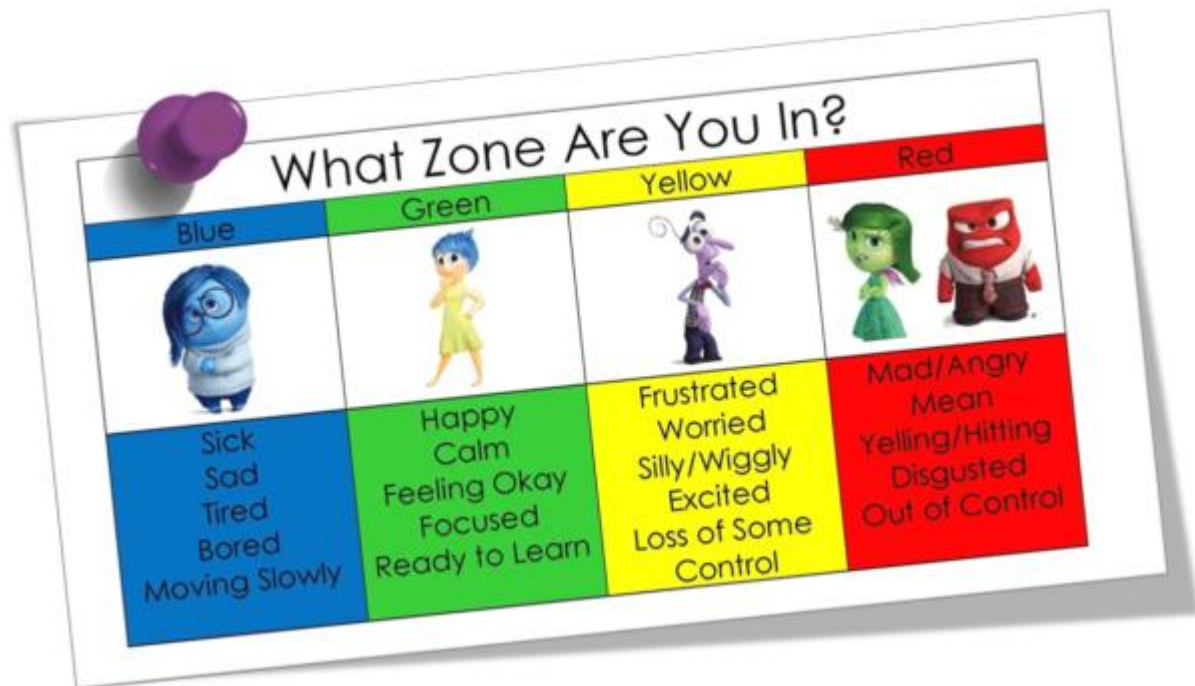
It improves the ability to recognise and communicate feelings in a safe, non-judgemental way

It helps develop ‘tools’ to move between Zones

It is not:

A discipline model or behaviour approach

Punitive or shaming of negative behaviours



The Zones

The Blue Zone: a low energy state where the 'slow' feelings reside, e.g. sad, tired, bored, sick

The Green Zone: the optimum state for the classroom and includes feelings such as: happy, calm, focused, proud

The Yellow Zone: a high energy state where the 'fizzy' feelings are found, e.g. excited, frustrated, anxious, silly

The Red Zone: an 'out of control' state including feelings such as: angry, aggressive, terrified, elated

There is no 'bad' Zone, all Zones are 'expected' at different times and in different circumstances

You can be in more than one Zone at a time

Some emotions may fall into more than one Zone

Key Language

Toolbox: a collection of calming and alerting strategies a child can draw upon (can be a literal toolbox or a collection of known strategies)

Tools: calming or alerting strategies that support self-regulation

Trigger: something that causes the child to become less regulated and increases the likelihood of going into the Yellow or Red Zones

Stop, Opt, Go: a concept to aid children in controlling impulses and problem solving better solutions

Expected behaviours: behaviours that give those around you good or comfortable thoughts about you

Unexpected behaviours: behaviours that give people uncomfortable thoughts about you

Inner Critic: negative, self-defeating thoughts

Inner Coach: positive, helpful thoughts