



Monday, 6th October 2025

WHY TEACH SELF-REGULATION?

- Regulation is something everyone continually works on whether we are aware of it or not.
- We all encounter trying circumstances that can test our limits.
- If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place.
- This comes more naturally to some, but for others it is a skill that needs more attention and practice.
- This is the goal of the Zones of Regulation



WHY TEACH SELF- REGULATION?



What are The Zones of Regulation?





SORTING OUR EMOTIONS INTO FOUR ZONES

- Feelings are complicated and come in different sizes, intensities and levels of energy that are unique within our brains and bodies.
- To make it easier to talk about, think about and regulate, the Zones of Regulation are organised into four zones:
- Blue
- Green
- Yellow
- Red



BLUE ZONE



POSSIBLE BODY SIGNALS:

Heavy Limbs
Moving Slowly
Slow Heartbeat
Foggy Head

GREEN ZONE



POSSIBLE BODY SIGNALS:

Relaxed Muscles
Comfortable
Body Temperature
Focused/
Engaged Brain

YELLOW ZONE

STRESSED

WORRIED

EXCITED

SOME FEELINGS IN THE

YELLOW ZONE

SILLY

FRUSTRATED



POSSIBLE BODY SIGNALS:

Wiggly

Heart Beating Faster

Body Warming Up

Muscles Tense

Thinking Faster

RED ZONE



POSSIBLE BODY SIGNALS:

Heartbeat Fast
Skin Flushed
Hot/Sweating
Muscles Tense

ALL THE ZONES ARE OKAY



OUR EMOTIONS ARE MEANT TO BE FELT.
EVEN THE HARD ONES.
IT'S OKAY TO FEEL WHAT YOU NEED
TO FEEL. ♡

REGULATING EMOTIONS

- Once children are able to recognise what zone they may be in and what emotion they might be feeling, it is important to give them ideas on what to do to regulate those emotions.

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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THE TOOLKIT

ZONES OF REGULATION!

Blue	Green	Yellow	Red
 Blue Zone Tools - Talk to someone - Stretch or gentle exercise - Go for a walk - Jump up and down 5 times - Drink some water - Ask for a hug	 Green Zone Tools - Play with friends - Help others - Share ideas - Be creative - Be polite	 Yellow Zone Tools - Count to 10 - Take deep breaths - Squeeze something - Drink some water - Talk to an adult about your feelings - Think of a calm place - Use a fidget	 Red Zone Tools - Deep breaths - Take time out - Wall push ups - Find a safe space - Squeeze something - Ask for help - Accept help

EXAMPLES

How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Edison & Wavay Primary Federation

The ZONES of Regulation

ZONES OF REGULATION

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Tired Bored Sick	Happy Focused Calm Ready	Worried Nervous Silly Not ready	Angry Frustrated Terrified Out of control

EXAMPLES

What Zone Are You In?

Blue Zone	Green Zone	Orange Zone	Red Zone
SAD HURT SICK TIRED	HAPPY FOCUSED CALM EXCITED	SURPRISED CONFUSED WORRIED SILLY	ANGRY RAGING TERRIFIED ANNOYED
What can I do?	What can I do?	What can I do?	What can I do?
REST	GO	SLOW DOWN	STOP
Take a break Ask for help Talk to someone Jump up and down 5 x I can also.....?	Think happy thoughts Finish my work Help others Share ideas I can also.....?	Take deep breaths Talk to someone Go for a short walk Count to ten I can also.....?	Take a time out Run a lap Squeeze a stress ball Drink water I can also.....?

What zone am I in?

Sick Tired Sad Bored	Calm Ready to Learn Happy Okay	Silly Upset Anxious/Worried Grouchy/Crabby	Mad Aggressive Yelling Mean
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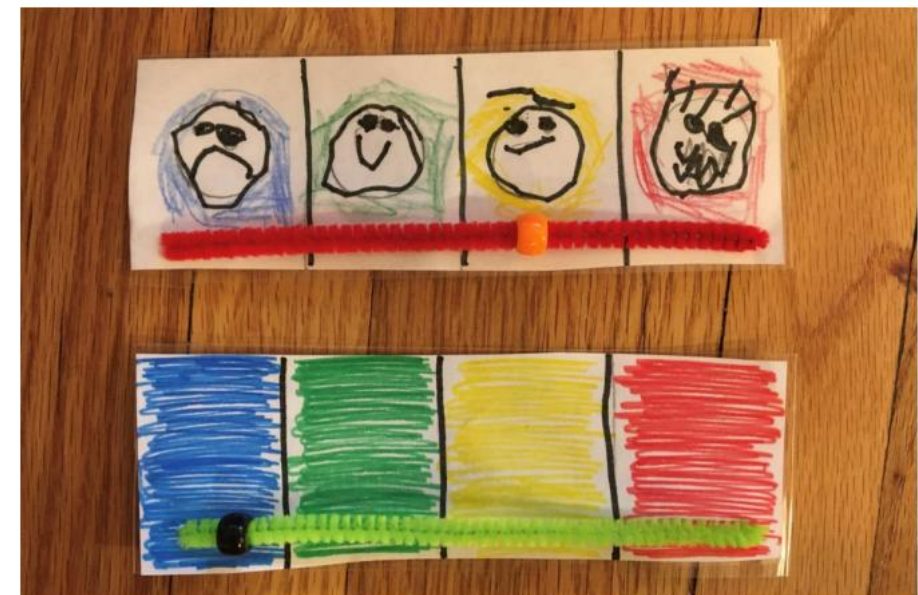
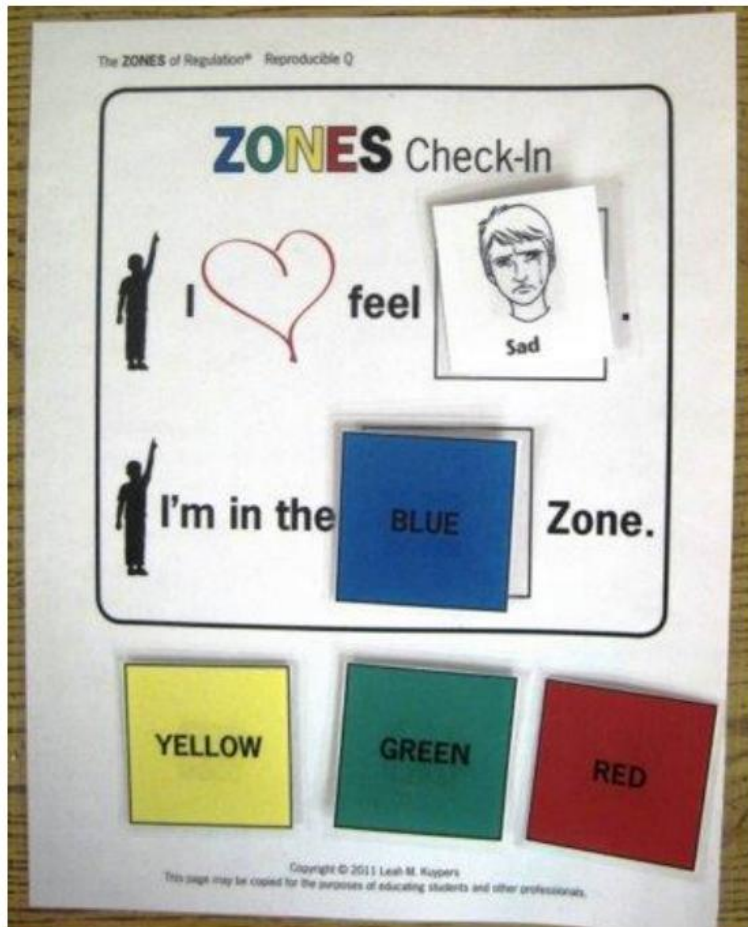
Use these tools to get to Green

Talk to an adult Take deep breaths Mindful Activity Take a break	Learn Listen Work hard Try my best	Take deep breaths Get a drink Mindful Activity Take a break	Take a break Talk to an adult Go for a walk Mindful Activity
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EXAMPLES



CHECK INS



HOW CAN YOU HELP YOUR CHILD USE THE ZONES OF REGULATION AT HOME?

- Identify your own feelings using Zones language in front of your child (e.g.: I'm frustrated. I think I am in the Yellow Zone.)
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Engage your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.
- Teach your child which tools they can use. (eg: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?"

HOW CAN YOU HELP YOUR CHILD USE THE ZONES OF REGULATION AT HOME?

- Modelling - It is important to remember to show the children how you use tools to help regulate. You might say “I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone” and afterwards tell your child how using those tools helped you get back to the green zone.
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.

TIPS FOR PRACTICING THE ZONES OF REGULATION

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language you use at home.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.

TIPS FOR PRACTICING THE ZONES OF REGULATION

- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.
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- Create a 'calm' box full of things which help to keep your child calm and alert.