

Zones of Regulation for families

What are 'the zones of regulation'?



The Zones of Regulation is a social-emotional learning curriculum created by Leah Kuypers to teach children to develop an awareness of feelings, energy, and alertness while exploring various tools and strategies for emotion regulation and control. Learn more here.

Ask your child 'what zone are you in?'

BLUE ZONE

I am feeling...

- sad
- sick
- tired
- bored
- slow-moving

GREEN ZONE

I am feeling ...

- ★ happy
- ★ okay
- ★ focused
- ★ calm
- ★ ready to learn

YELLOW ZONE

I am feeling...

- frustrated
- worried
- silly/ wiggly
- excited
- a little out of control

RED ZONE

I am ...

- mad
- mean
- scared
- yelling / hitting
- out of control

Oh it looks like you are in the red zone! Would you like to hug a stuffy?

There are many strategies that can help! Here are a few examples.. Ask your child what would help them.



Close my eyes & Take deep breaths



Have a cold drink



read a book



Color a picture



Have a snack



Blow bubbles



Listen to music



Exercise



Build a puzzle



Hug a stuffy



Write in a journal



Play with play-doh

Most importantly, remember that it is okay to feel emotions and be in different zones. Reinforce to your child that it is important to keep their bodies safe, and help them access one or more strategies to help them come back to the green zone!