## **Zones of Regulation** for families

## What are 'the zones of regulation'?



Blue Zone Sad - Bored Tired - Sick



Green Zone Happy - Focused Calm - Proud



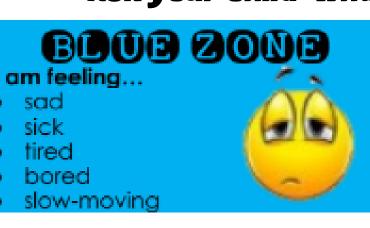
Worried - Frustrated Silly - Excited



Red Zone Overjoyed/Elated Panicked - Angry - Terrified

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?'





ready to learn







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.



Write in a journal Play with play-doh Hug a stuffy Build a puzzle 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!