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# THE **ZONES** OF REGULATION<sup>®</sup>

**A CURRICULUM DESIGNED  
TO FOSTER SELF-REGULATION AND  
EMOTIONAL CONTROL**

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# There are 4 zones



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# The Blue Zone

## BLUE

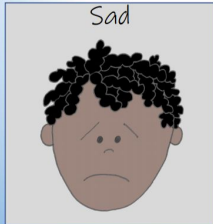
Tired



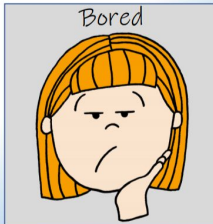
Sick



Sad



Bored



Running slow



# The Green Zone

## GREEN

Ready to learn



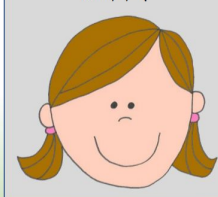
Calm



Criss-cross



Happy



### Good to go



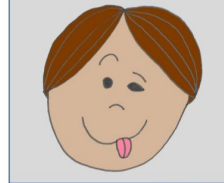
# The Yellow Zone

# YELLOW

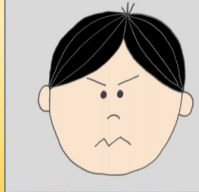
Scared



Silly



Frustrated



Overwhelmed

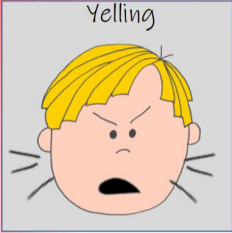

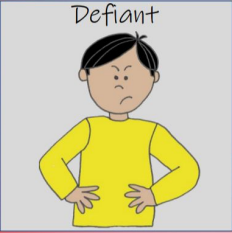



Be careful



# The Red Zone

**RED**

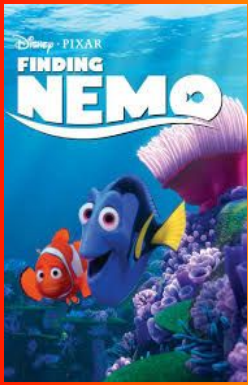
Yelling 	Hands - on 
Defiant 	Out of control 

**Stop!**

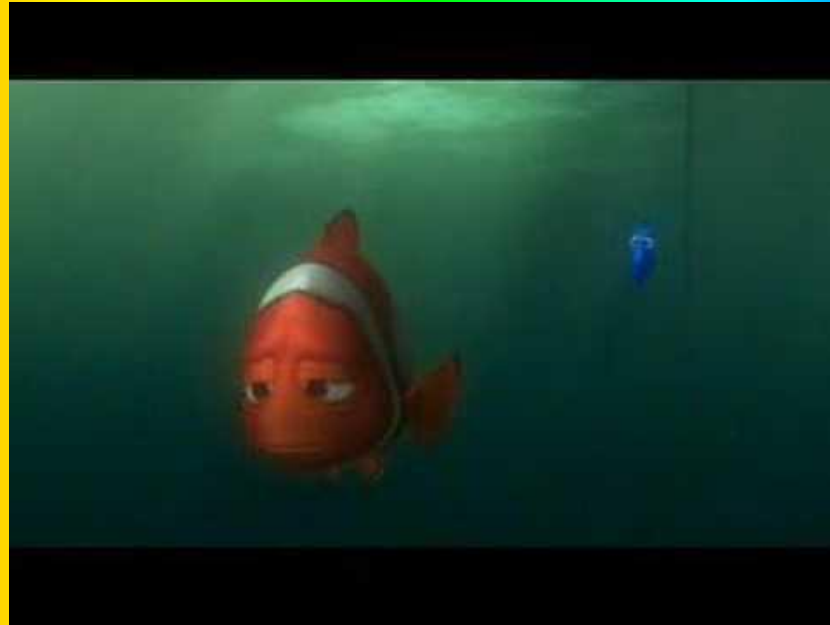
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\*Some videos may begin with a commercial. It is unknown which commercials will appear as these video clips are pulled from YouTube.



# Guess the Zone



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<p><b>BLUE</b></p> <table border="1"><tr><td>Tired</td><td>Sad</td></tr><tr><td></td><td></td></tr><tr><td>Cold</td><td>Nervous</td></tr><tr><td></td><td></td></tr></table> <p>Running slow</p>	Tired	Sad			Cold	Nervous			<p><b>GREEN</b></p> <table border="1"><tr><td>Ready to learn</td><td>Happy</td></tr><tr><td></td><td></td></tr><tr><td>Good enough</td><td>Mad</td></tr><tr><td></td><td></td></tr></table> <p>Good to go</p>	Ready to learn	Happy			Good enough	Mad			<p><b>YELLOW</b></p> <table border="1"><tr><td>Scared</td><td>Shy</td></tr><tr><td></td><td></td></tr><tr><td>Frustrated</td><td>Overwhelmed</td></tr><tr><td></td><td></td></tr></table> <p>Be careful</p>	Scared	Shy			Frustrated	Overwhelmed			<p><b>RED</b></p> <table border="1"><tr><td>Angry</td><td>Shocked</td></tr><tr><td></td><td></td></tr><tr><td>Stupid</td><td>Out of control</td></tr><tr><td></td><td></td></tr></table> <p>Stop!</p>	Angry	Shocked			Stupid	Out of control		
Tired	Sad																																		
Cold	Nervous																																		
Ready to learn	Happy																																		
Good enough	Mad																																		
Scared	Shy																																		
Frustrated	Overwhelmed																																		
Angry	Shocked																																		
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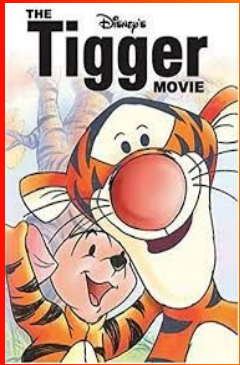


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BLUE	GREEN	YELLOW	RED
 	 	 	 
 	 	 	 
Running slow	Good to go	Be careful!	Stop!





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# Only One Feelings Zone Is “Comfortable”



What can I do if I'm in an “uncomfortable” feelings zone?



# Make A Coping Skills Recipe To Get Comfortable

## Red Coping Skills

- 1) Get your heart pumping
- 2) Burn that energy  
**(Up to 5 minutes)**



## Yellow Coping Skills

- 1) Slow your heart down
- 2) Begin the calming process  
**(Up to 5 minutes)**



## Green Coping Skills

- 1) Return to resting heart rate
- 2) Focus on your breathing  
**(For as long as you would like)**



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If you would like to learn more about the Zones of Regulation please visit <https://www.zonesofregulation.com/index.html>





**SCAN ME**

Introduction to the Zones of Regulation  
(What are they?)-Lower Elementary



**SCAN ME**

How to make a Self Regulation Recipe- All ages



**SCAN ME**

Identifying the size of my feelings. Who can  
help me at school.-Upper Elementary