

THE **ZONES** OF REGULATION[®]



What is 'The **ZONES** of Regulation'

- **The Zones of Regulation** is a complete social-emotional learning curriculum, created to teach children self-regulation and emotional control.
- Leah Kuypers created Zones of Regulation in 2011. She and her team provide training and resources for schools.
- We teach it in school as a whole school and in small groups and we feel that parents can teach and use the zones of regulation at home too.

What is Self-Regulation

The ability to adjust level of alertness AND direct how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals.

Encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation

(Bronson 2001)

Aim of The ZONES of Regulation

To teach the students to:

- Identify their feelings and levels of alertness
- Effective regulation tools
- When and how to use the tools
- Identifying triggers
- Problem solve positive solutions
- Understand how their behaviours influence others' thoughts and feelings

And ultimately...

- Independent Regulation!



Why use The **ZONES** of Regulation?



- Students who struggle with self-regulation
- Learn to recognise own emotions and controlling impulses
- Can be used with all students including students with a diagnosis of additional needs
- Everyone experiences difficulties with regulation from time to time
- Can be used as a whole school approach- relevant for all year groups
- Can be differentiated for different age groups
- Manage impulses independently without causing disruptions to others
- Assists with social skills and ability to think about others

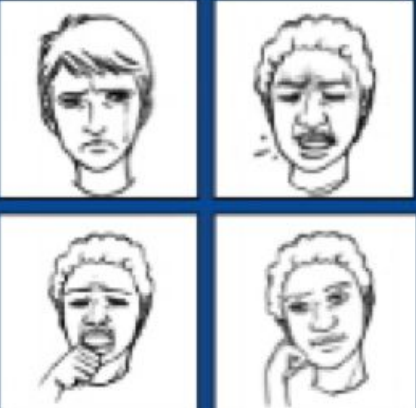


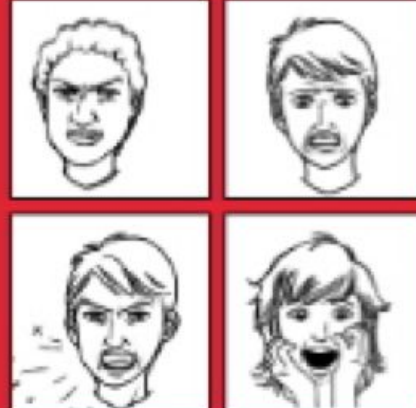
(Kuypers 2011)

What are the ZONES??



There are four zones to describe how your brain and body feel.

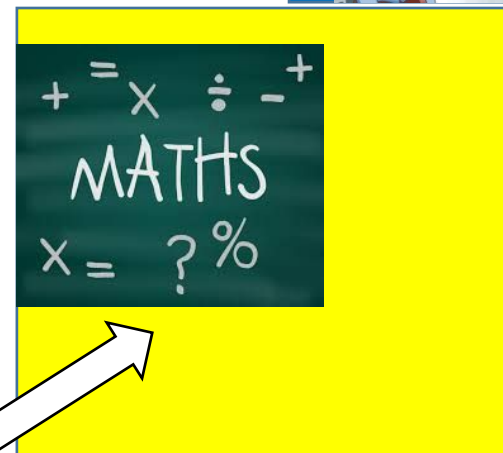
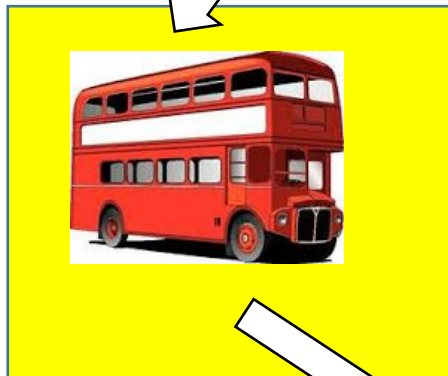
- BLUE Zone – Your body is running slow, such as when you are tired, sick, sad or bored.
- GREEN Zone – Like a green light, you are “good to go.” Your body may feel happy, calm and focused.
- YELLOW Zone – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.
- RED Zone – This zone is for extreme emotions such as anger, terror and aggression. When you are in this zone, you are out of control, have trouble making good decisions and must STOP!

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

My ZONES across the day

- Zones can fluctuate throughout the day
- Personal triggers influence zones
- We want to ensure that everyone understands that they are more successful when in the green zone, expected and unexpected zones and the effects on others.

Poppy's day



The ZONES of Regulation®



Blue Zone Tools:

Stretch



Green Zone Tools:

Drink water



Yellow Zone Tools:

Deep breaths



Red Zone Tools:

Take a break

The Toolbox



Take a break 	take deep breaths 	breath 	walk 	trampoline 	trampoline 
talk to adult 	use fidgets 	tense and release 	count 	swing 	net swing 
wall push up 	break in bean bag 	get a drink 	deliver message 	roll 	listen to music 
jump 	bounce on ball 	pull wagon 	push cart 	Listen to music 	computer 
self talk 	Think calm place 	deep pressure 	Office delivery 	airplane walk 	gum 

What can you do at home?

We would really like for children to be able to continue to practice using their Zones of Regulation to manage their feelings at home.

- Encourage everyone at home to check which Zones they are in across the day – grown-ups included!
- Use the language of Zones to check in with your child 'I can see you're in the green zone because you are calm and eating really nicely at the table'. Or when they are getting overexcited/ upset 'I can see you're in the yellow zone, let's use a strategy from the tool box to calm your body down a little'.
- Encourage your children to talk about what strategies they like to use when moving between the zones (eg if they are feeling blue first thing- acknowledge this and pop on their favourite song and have a dance around the bedroom!)
- Make a family toolbox full of strategies to move between the zones to use at home and pop it on the fridge to remind you all to use your tools
- Watch the clips in the next slide and talk to your child about the different zones the characters are in and why.

Finding Nemo – turtle scene

<https://www.youtube.com/watch?v=bVfopcz4nas>

Finding Nemo – shark scene

<https://www.youtube.com/watch?v=XWuPGKLJXe8>

Dr Seuss – The Zax

<https://www.youtube.com/watch?v=dZmZzGxGpSs>

Shrek 2 – are we there yet?

<https://www.youtube.com/watch?v=basofea2UEs>

The Incredibles

<https://www.youtube.com/watch?v=reTz59nkhBw>

Further reading:

<https://www.zonesofregulation.com/index.html>

References

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