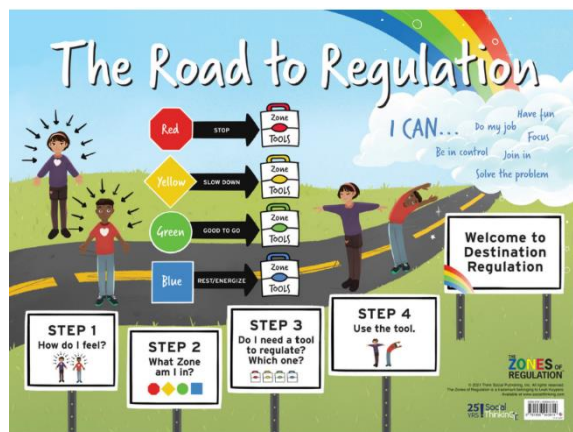


What are the ZONES of regulation?

- The ZONES is a concept designed by Leah Kuypers, a licensed occupational therapist, to help a children gain skills in the area of self-regulation.
- The ZONES of Regulation help us think, talk and teach about how we are feeling.
- The ZONES are designed to help the children recognise when they are in different zones as well as learn how to use strategies to change or stay in the zone they are in.

The ZONES teach children:

- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills



Why teach the ZONES of regulation?

- Provides a common language to discuss emotions – a language that is **non-judgemental**.
- The Zones of Regulation is simple for children to understand but is helpful for all!
- The Zones teach healthy coping and regulation strategies.

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

SELF-REGULATION

...is defined as the capacity to manage one's thoughts, feelings and actions in adaptive and flexible ways across a range of contexts." Jude Nicholas

It encompasses:

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



WHY IS SELF-REGULATION IMPORTANT?

Life is 10% what happens to us and 90% how we react to it. *Charles Swindoll*

Research has found that higher academic achievement is more likely when interventions include self-regulation components.



Typically, children who can self-regulate will turn into **teens who can self-regulate.**

A person who can self-regulate is able to:

- remain CALM AND ORGANISED in a stressful situation. ([Executive Functions](#))
- cheer themselves up after a disappointment. ([Emotional Regulation](#))
- knows when they are experiencing sensory overload and can make adjustments. ([Sensory processing](#))
- Understands when it is appropriate to cheer and shout and when to be quiet. ([Social cognition](#))