

<https://zonesofregulation.com/>

What are the Zones of Regulation?

The “Zones of Regulation” is an internationally renowned intervention which helps children learn to manage their emotions. It is not a behaviour management system, but a proactive, skills based approach to understand and teach regulation. This approach uses colour-coding to group our emotions into four key zones. At Greenleas we use the Zones of Regulation across the whole school. Each classroom has a Zones of Regulation display and the children are encouraged to use this to highlight how they are feeling, and for older children it provides tools they could use to help move from one zone to another.

The zones provide a framework for our children to develop self-regulation. Children learn to identify their emotions, and recognise events that might make them move to a different zone and use the tools they have learnt to help them remain or move to a particular zone to help them regulate how they are feeling. This understanding is developed over time, to help them grow their ability to manage and even change their feelings.

What are the different Zones?

Blue Zone: low level of stimulation, not ready to learn, feels sad, sick, tired, bored

Green Zone: calm state of alertness, optimal level to learn, feels happy, calm, focused

Yellow Zone: heightened state of alertness, feels frustrated, worried, silly/wiggly, excited

Red Zone: heightened state of alertness and intense emotions, not an optimal level for learning, out of control, feels mad/angry, terrified, yelling/hitting, elated

We teach the children that everyone experiences all of the zones. The Red and Yellow Zones are not ‘bad’ or ‘naughty’ zones, rather part of the spectrum of feelings we all experience.

The colour-coding is a non-biased way of identifying the whole range of emotions. All of the zones are expected at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep.

This is what a Zones of Regulation display in the classroom might look like.

