

# Zones of Regulation

Information for Parents

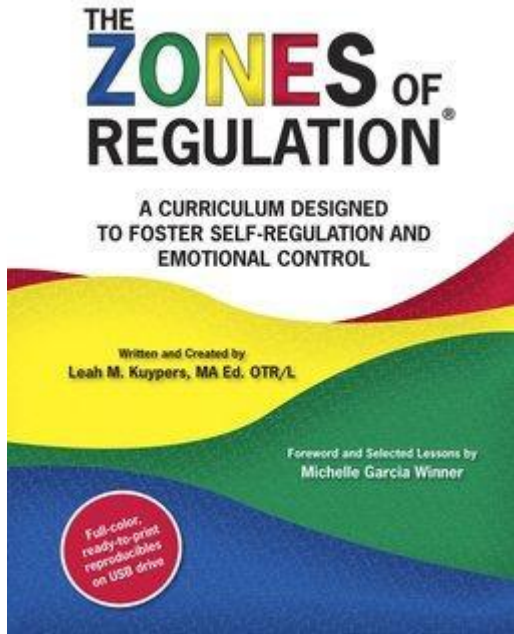


*“Children can only exercise self-control when they are calm, and that requires knowing when and why they are agitated and what they can do to return to being calm.”*  
- Dr. Stuart Shanker



The MEHRIT Centre

# Zones of Regulation:



- The Zones is a framework that gives kids ways to categorize how they are feeling
- The colors blue, green, yellow, and red represent four zones that students can identify with

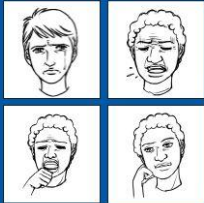
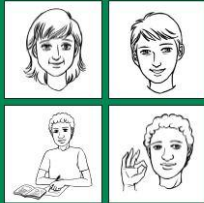
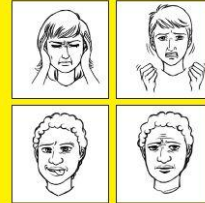
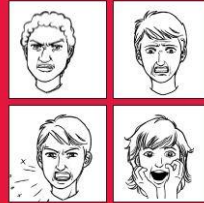
BLUE = RUNNING SLOW

BLUE ZONE  
bored  
moving  
tired  
sad  
sick  
slow  
Running Slow



# How do we teach Self Regulation Skills

## The **ZONES** of Regulation®

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



## Why teach the Zones?!

- We need to teach our kids GOOD coping and regulation strategies so they can help themselves when they become dysregulated, overly up or overly down.
- The goal is for children to find a healthy balance of emotions and know when and how to regulate.
- Typically, kids who can self-regulate will turn into teens who can self-regulate.
- Self-regulation skills are vital for the success and happiness of our children.

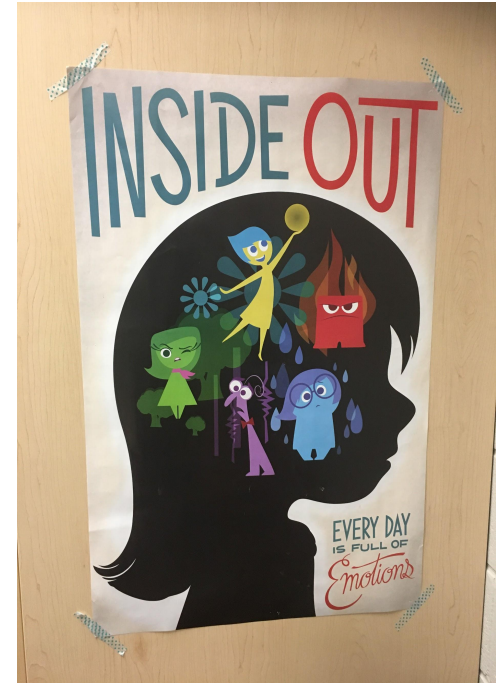
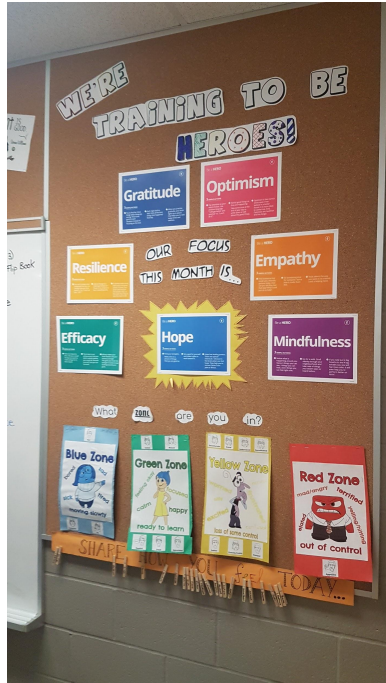
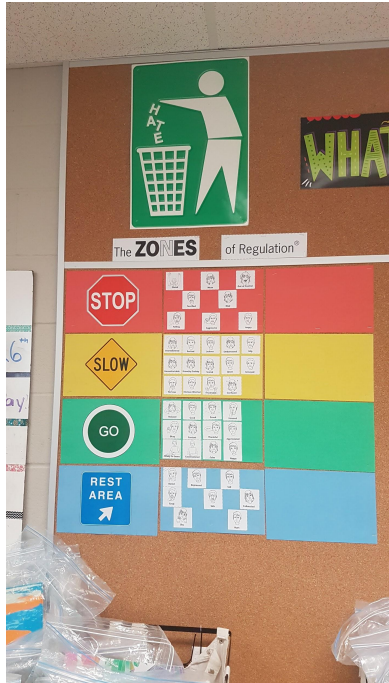
# GOALS of ZONES

- **To teach students to:**
  - **Identify their feelings and levels of alertness**
  - **Effective regulation tools**
  - **When and how to use tools**
  - **Problem solve positive solutions**
  - **Understand how their behaviours influence others' thoughts and feelings**

**We scaffold this teaching with the Ultimate Goal being**

**Independent Regulation!**

# Classrooms at Janet Metcalfe:







## How to Support at Home:

- Practise calming techniques and strategies (yoga, breathing, mindfulness, baking, exercise, reading, calming music)
- Help identify emotions and have a plan or strategy to support
- Use Zones language ( I can see you're in the yellow zone - how will we get back to the green zone - I will help you)
- Help identify - does the response match the problem (keeping little problems little)
- Lead by example - stay calm - identify your own emotions - share your calming techniques



# Resources for Parents:

<http://www.reachinginreachingout.com/resources-parents-selfcontrol.htm>

<http://www.todaysparent.com/kids/easy-ways-to-teach-your-child-to-self-regulate/>

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