

Zones of Emotional Regulation

The zones of emotional regulation is a simple tool to help us recognise and identify emotions, within ourselves and in the people around us. Emotions are grouped into different coloured zones - green, yellow, blue and red - based on the way the different emotions make our bodies feel.



We move through different zones throughout the day:

- You're in the **blue zone** when you've just gotten out of bed.
- You're in the **green zone** when you are focused on your work and relaxed.
- You're in the **yellow zone** when you're running and playing with friends.
- You're in the **red zone** when you are overwhelmed.

Which Zone?

The first step to emotional regulation is identifying how we are feeling. Emotions can be big and complex things, so this chart is a useful tool to help students identify how they are feeling. When using this chart with children it's important to stress that it's good and normal to feel all the colours sometimes, but that we want to be in control of which zone we are in - not our emotions.

Getting into the Zone

Now we know which zone we're in, we can work on moving to the zone we **want** to be in. With practice children can learn to implement their own strategies for regulating their emotions. What works for some people might not work for others! For example, having a run around in the yard might be good for some, while for others, quiet solo time might be what works best.

Work with your children to identify their strategies. Some children will have a few strategies to use at different times, but some will have just 1 or 2. Make sure to treat these strategies with respect! Doing so empowers students to take charge of their own emotional wellbeing and keep themselves regulated.

The Zones of Emotional Regulation



Getting into the Zone

Take 3 deep breaths



Dance



Lions breath - make a roar sound on your out breath



Snake breath - make a loud 's' sound as you breathe out



Make or listen to music



Play with toys



Squeeze your hand into a fist and release



Sing all conversations rather than talk



Do some Art or craft activities



Play with water



Nicely asking for a back-scratch



Running



Dig in the sandpit



Share a hug with someone



Spending some quiet time outside



Put together a sensory box - it could contain a stress ball, putty, fidget spinners, aromatherapy sprays, breathing ball or a favourite snuggly toy

