

## What are The Zones of Regulation?

We are using the Zones of Regulation program to help students identify their emotions/ level of alertness, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings and states.

### The Four Zones: Our Feelings & Energy Determine Our Zone



The **Blue Zone** describes **low states of alertness and down feelings**, such as when one feels **sad, tired, sick, or bored**. Their body could feel **sluggish, heavy, slow, lethargic, dull or throbbing**.

The **Green Zone** describes a **calm state of alertness**. A person may be described as **happy, focused, content, or ready to learn** when in the **Green Zone**. Their body may feel **calm, comfortable, relaxed or connected**. This is the **zone where optimal learning occurs**.

The **Yellow Zone** is describes a **heightened state of alertness and elevated emotions**; one also has **trouble maintaining control** when they are in the **Yellow Zone**. A person may seem **stressed, frustrated, anxious, excited, silly or nervous** when in the **Yellow Zone**. They may feel **restless, tense, wiggly, have butterflies in their stomach, need to go to the washroom, use a louder voice**.

The **Red Zone** is used to describe **extremely heightened states of alertness and intense emotions**. A person may feel **elated, hysterical, rage, devastated, terrified or overwhelmed** when in the **Red Zone**. They often exhibit **flight, fight or freeze** (basic survival) behaviors.

The Zones can be compared to traffic signs. When given a green light or in the **Green Zone**, one is “**good to go**”. A yellow sign (and **Yellow Zone**) means **be aware or take caution**. A red light or stop sign (**the Red Zone**) means **stop**, and when one is the Red Zone, this often is the case. The **Blue Zone** can be compared to the rest area signs where one goes to **rest or re-energize**.

All of the zones are expected at one time or another, but the program focuses on teaching students how to manage their Zone based on the environment and people around them. For example, when playing on the playground or in an active/competitive game, no one would think twice about one being in the Yellow Zone but that would not be same in the library or listening to the teacher in the classroom.