





The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>



What are the Zones of Regulation?

Blue Zone

- Low states of alertness
- Down feelings
- Sad, tired, sick, hurt, lonely, bored

Green Zone

- Calm, alert state
- Happy, focussed, content
- Nervous system feels safe, organised, connected

Yellow Zone

- Heightened state of alertness
- Some control
- Stress, frustration, anxiety, excitement
- Slightly elevated emotions and states

Red Zone

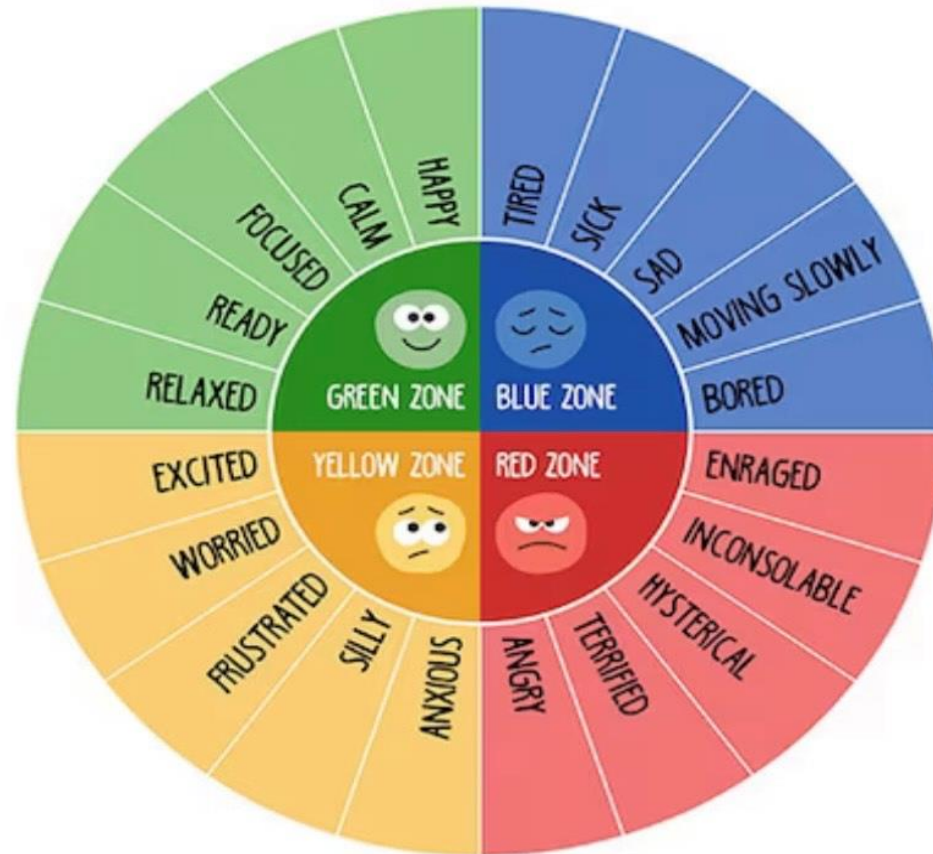
- State of extremely high energy & intense, overwhelming feelings
- Elated, rage, devastated, panicked or terrified

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

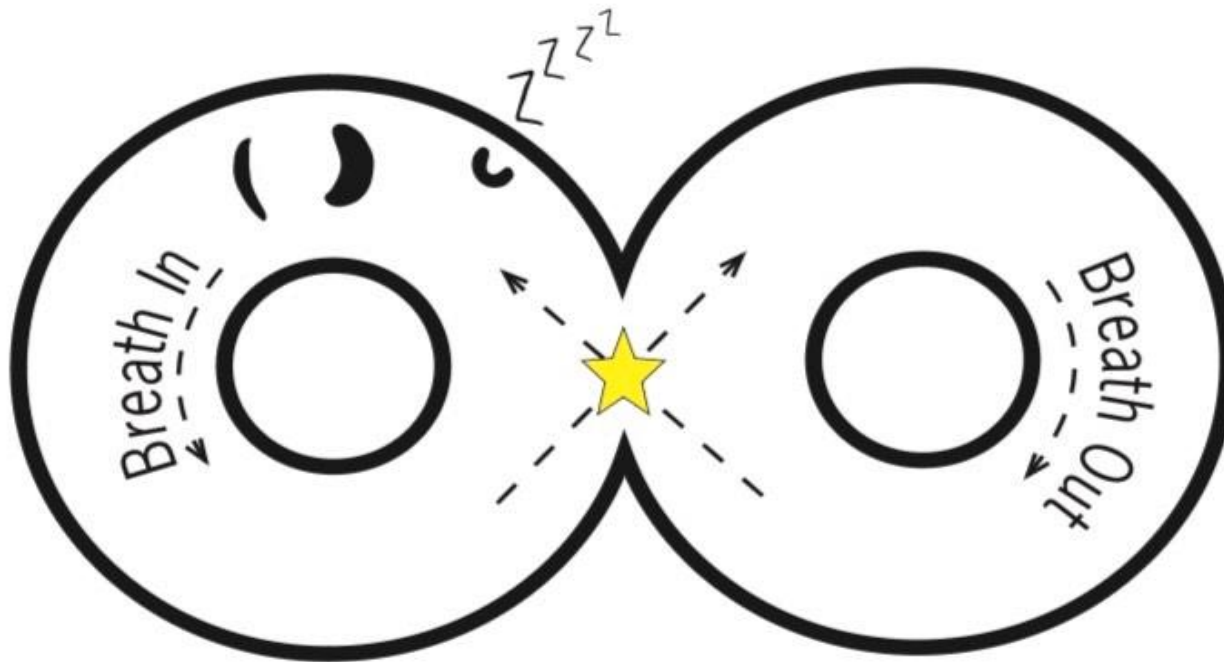
It OK. Everyone feels these emotions at times. The goal is to learn ways to move to the Green zone.

HOW ARE YOU FEELING?



Emotional Vocabulary

Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

IT IS OKAY TO

MAKE MISTAKES

NOT BE OKAY

HAVE HARD DAYS

BE YOURSELF

NOT KNOW IT ALL

ASK FOR HELP

START OVER

NEED MORE TIME