

THE ZONES OF REGULATION®

Children are supported in recognising when they are in different states called 'zones' with each for the four zones represented by a different colour.

Have you heard your children talking about the Zone they are in?

We have launched The Zones of Regulation in our school which is a programme geared towards helping children to gain skills in consciously regulating their emotions and therefore actions that in turn leads to increased control and problem solving abilities.

The BLUE Zone Rest Zone

When one feels sad, tired, sick or bored. One's body and/or brain is moving slowly or sluggishly.

The GREEN Zone Good to Go Zone

When one feels calm, happy, focused or content; it shows control. One is more able to learn and engage in social interactions.

The YELLOW Zone Slow Down Zone

When one feels stress, frustration, anxiety, excitement, silliness, nervousness, confusion or sensory seeking behaviours. One is in a heightened state of alertness but has some control.

The RED Zone Stop Zone

When one feels anger, rage, explosive behaviour, panic, terror or elation. One is in an extremely heightened state of alertness and does not feel in control of their body.

Children explore various strategies and tools, learning how to use them to stay in a zone or move from one to another.

