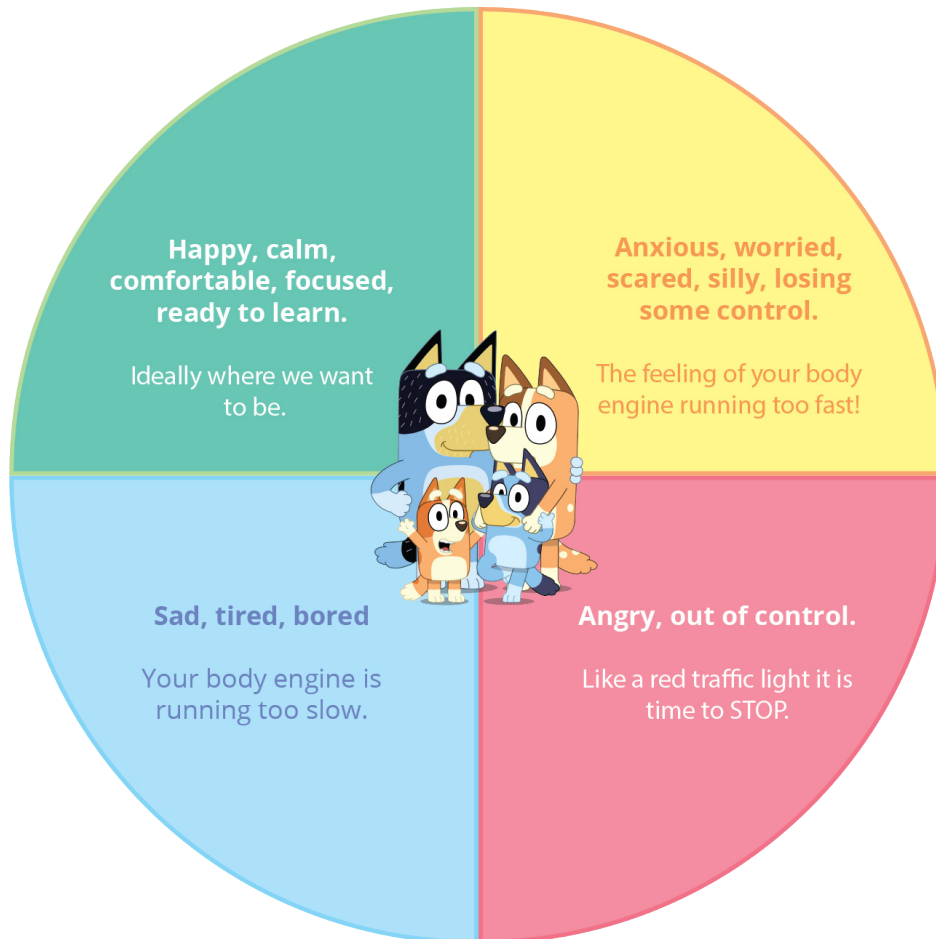






# THE ZONES OF EMOTIONAL REGULATION



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

The zones can be used a bit like traffic lights:

-  When you're in the green light or zone, you are in a good, comfortable space; you are 'good to go'.
-  When you're in yellow, you should take care or caution.
-  The red light or zone means it's time to stop.
-  Being in the blue is when your energy is lower - this can either mean you go here to rest, or you re-energise to get out of this zone.



When using this chart with kids it's important to stress that it's good and normal to feel all the colours sometimes, but that we mainly want to try and be in the green zone. Why? Because being in the green zone means we're calm and comfortable, and that's when the best learning can happen.

## BACK TO THE GREEN ZONE

Working with kids to find their way back to the green zone can be a useful way of helping children identify their own strategies for regulating their emotions. What works for some kids might not work for others. For example, having a run around in the yard might be good for some, while for others having some quiet time working on a solo task might be what works best for others. For some, doing some drumming might work while others might get back to green by drawing or doing craft.

Think about those activities that your kids' naturally gravitate towards when they're around the house, those things that they always enjoy doing. Start talking about this activity as something that is good for your kids' and as something they can do to help themselves get back to green. It might be that you have a handful of things that your kids' can do, or just one. Either way, it is essential that these activities are valued and seen as important for your kids' by you and your kids'.

## STRATEGIES TO HELP GET BACK TO THE GREEN ZONE

- **TAKE 3 DEEP BREATHS**
- **SNAKE BREATH – MAKE A LOUD 'S' SOUND AS YOU BREATHE OUT**
- **LIONS BREATH – MAKE A ROAR SOUND ON THE OUT BREATH**
- **PUT TOGETHER A SENSORY BOX – IT COULD CONTAIN A STRESS BALL, PUTTY, FIDGET SPINNERS, AROMATHERAPY SPRAYS, BREATHING BALL OR A FAVORITE SNUGLY TOY**
- **MAKE OR LISTEN TO MUSIC**
- **SING ALL CONVERSATIONS RATHER THAN TALK**
- **SQUEEZE YOUR HAND INTO A FIST AND RELEASE**
- **DANCE**
- **DO SOME ART OR CRAFT ACTIVITIES**
- **PLAY WITH TOYS**
- **PLAY WITH WATER**
- **DIG IN THE SANDPIT**
- **SHARE A HUG WITH SOMEONE**
- **NICELY ASKING FOR A BACK-SCRATCH**
- **SPENDING SOME QUIET TIME OUTSIDE**
- **RUNNING**



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