

Zones of Regulation

Help at home for parents and carers

You could have a go at using **The Zones of Regulation** if you need to, to support any emotion coaching children at home. This is a reflection of what we use in school.

The Zones framework provides strategies to teach children to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. Emotions are categorised into 4 zones;

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be hysterical, elated or experiencing extreme emotions such as anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the **Green Zone. This is the zone where optimal learning occurs.**

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired or bored.