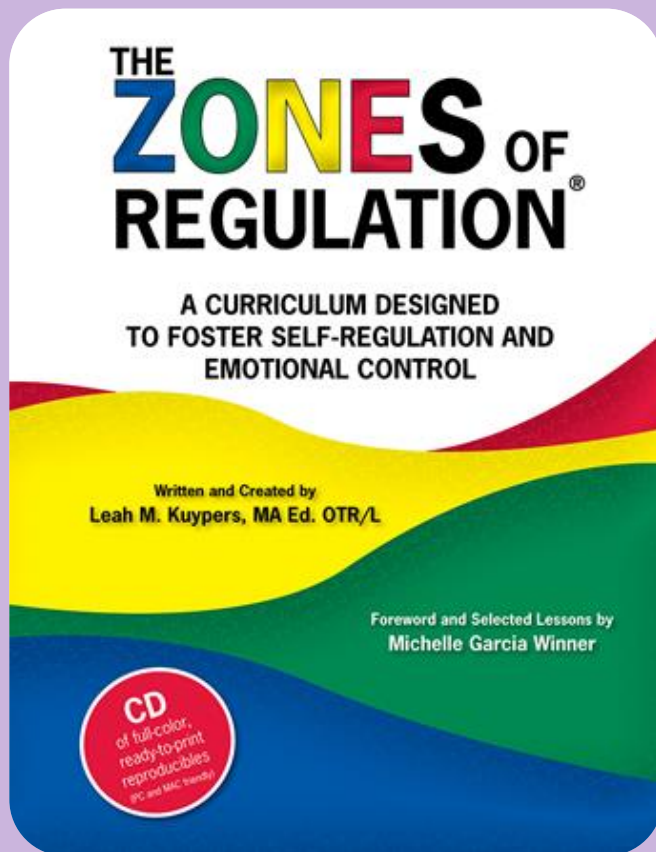


The Zones of Regulation

Parent Information Session
5th December 2024



What is The Zones of Regulation?

A concept to teach children how to self regulate. It creates a system to categorise complex feelings and emotions into four coloured zones, where no zone is bad.

Young people develop the skills to be able to recognise and communicate how they feel in a safe and non judgemental way. It helps children to see that everyone experiences different emotions all the time, and that we can move between the zones.

It is built on other successful strategies such as the 'Incredible 5 point scale' and 'How does your engine run' and it uses Cognitive Behavioural Therapy techniques to help a child to develop a more flexible mindset.

A system for adults to teach children the strategies and help them to practice through 'thinking aloud'. Build relationship between adult and young person.

Why use the zones?

- Understand what emotions are and how to regulate them
- What individual triggers are
- Improve communication
- Develop independence through a personal toolkit of strategies
- Become more resilient and build self esteem
- Understand why other people react in different ways
- To move on from difficult situations more quickly
- Learn what is expected and unexpected
- Builds a common interest
- Can be used to reinforce when the pupil is in the right zone.

Four colour zones

- **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation or terror.
- **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however the person has some control when they are in the yellow zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness or nervousness.
- **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content or ready to learn.
- **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick or bored.

How do you feel today and what zone are you in?



Sick



Happy



Sad



Calm



Frustrated



Angry



Worried



Mean

ZONES Check-In



feel



I'm in the

Zone.



BLUE

YELLOW

RED

GREEN





Acknowledging feelings is Important

Why?

Strong (Red/ Yellow/Blue) feelings unacknowledged or unnamed *GROW* in power and can lead to us becoming in danger of losing control or developing great anxiety.

Strong (Red/Yellow/Blue) feelings acknowledged diminish in their power to paralyse we feel affirmed, loved, recognised.

The **ZONES** of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>

<p>Moving Slowly Bored Tired</p>	<p>Ready to Learn Focused Feeling Okay</p>	<p>Loss of Some Control Excited Silly/Wiggly</p>	<p>Out of Control Yelling/Hitting Terrified</p>
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What can trigger our emotions?



What do we do to regulate our emotions?



Self vs co-regulation tools

Yellow Zone

I need to take caution.



I can try these tools:



Veresed Torres 2012

Blue Zone

I am running slow.



I can try these tools:



Veresed Torres 2012

A Personal Toolbox

- Needs to include a variety of individualised and accessible tools
- Purpose of zones toolbox in school is to help students to return to green "ready to learn" feeling, at home to help your child feel calm and ok
- Different tools are for different needs. We need to know a child well to know how the tool affects them. Look at what they are doing...

*For example: Is bouncing calming or alerting for your child?
If alerting... use when child is in blue zone but NOT when child is in yellow!*

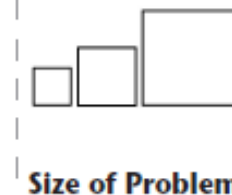
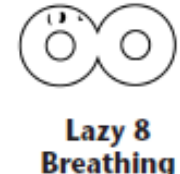
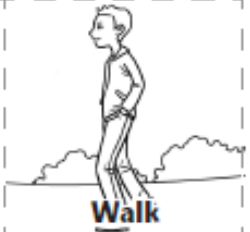
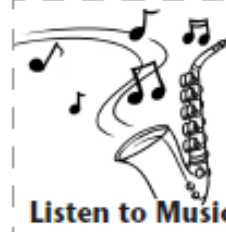
- Toolbox may include tools for sensory needs, environmental needs (hungry/thirsty too much noise/light), emotional needs
- For older/more able children/young people "thinking tools" may be added
- Lazy 8 breathing/ 6 sides of breathing.

A Personal Toolbox

ZONES Tools Menu

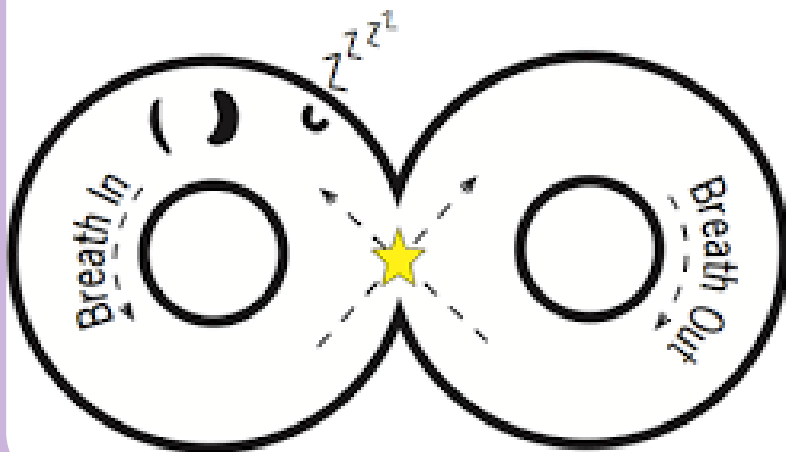


ZONES Tools Menu

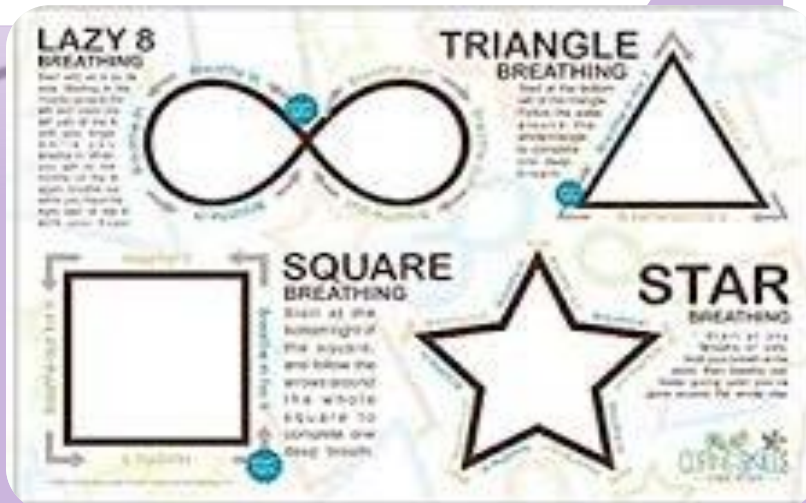
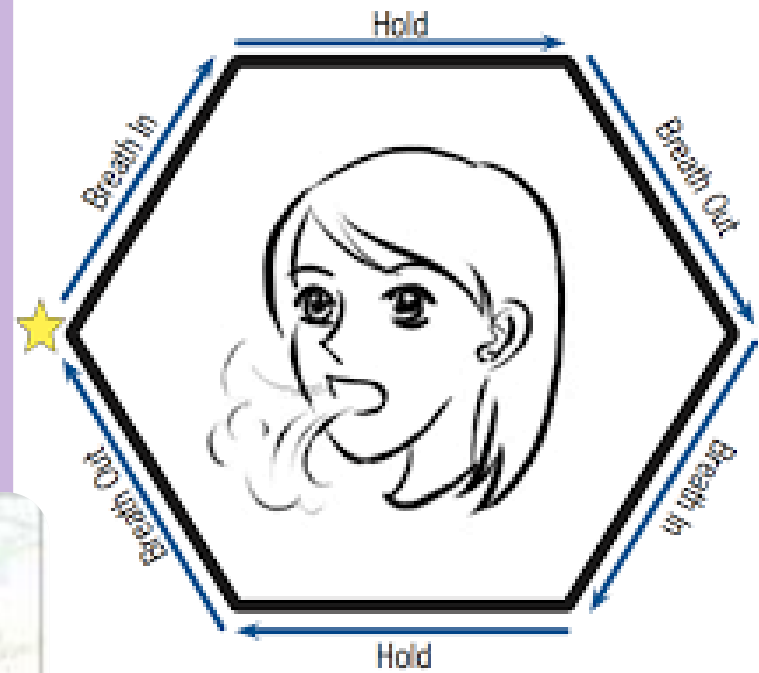


Coming back from fight or flight

Lazy 8 Breathing



The Six Sides of Breathing




Whole class/school approach...


Early Years




Whole class/school approach...




What zone are you in today?



Keep calm



and use your



What tools can you use to help?

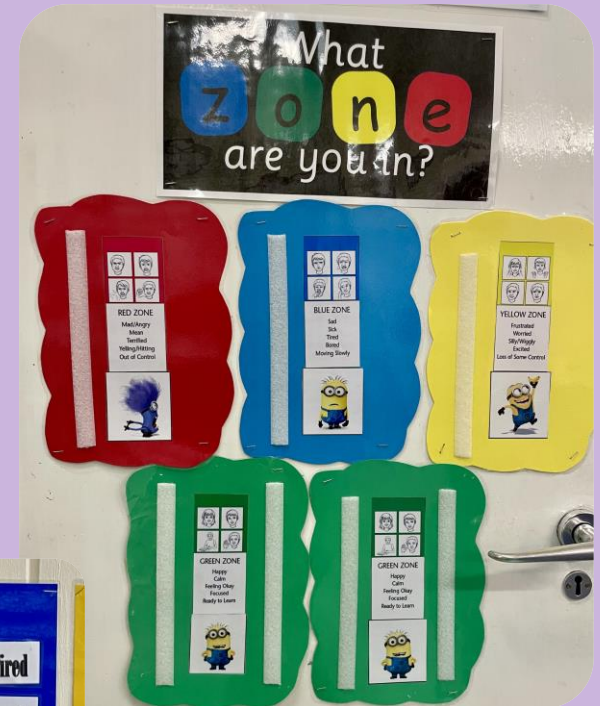


"Children might come in from the playground upset and I might not be able to talk to them straight away. The Toolbox helps them to calm allowing me some time to then be able to talk to them when they are ready. Sometimes if they can't say what the problem is they feel more comfortable using the worry monster, which I can address at a later date."

Whole class/school approach...

"I just want to feel calm."

"I am yellow. That means I am feeling silly."



Whole class/school approach...

 I don't know	 Something is wrong	 something's changed	
 my body feels wrong	 I miss someone	 I need some help	 too noisy
I would like to...			
 talk to an adult	 use the tool kit	 be with my friends	
 have quiet time	 be alone		

Rainbow GROUNDING TECHNIQUE
Take a deep breath, look around you and try to find an object for each of the colours of the Rainbow.

- Spaghetti
- Betti
- exercise
- 5 finger breathing

5-4-3-2-1 GROUNDING TECHNIQUE

- 5 THINGS YOU CAN see
- 4 THINGS YOU CAN touch
- 3 THINGS YOU CAN hear
- 2 THINGS YOU CAN smell
- 1 THING YOU CAN taste

mad



Customise around special interests!

ZONES OF REGULATION!

Blue	Green	Yellow	Red
Sick Tired Dread Melting Speech	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Terrified Out of Control Melting Speech

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THERE ARE A MINION WAYS TO FEEL

WHAT ZONE ARE YOU IN?

ZONES OF REGULATION!

Blue	Green	Yellow	Red
Sick Tired Dread Melting Speech	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Terrified Out of Control Melting Speech

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Sizes of Mad Feelings

www.occupationaltherapy.com.au

What zone am I in?

Blue	Green	Yellow	Red
Sick Tired Dread Melting Speech	Happy Calm Feeling Okay Focused Ready to Learn Good to go	Frustrated Worried Anxious Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Out of Control

The Zones can be used alongside other things...

The New Social Story Book™

15th Anniversary Edition

CAROL GRAY
SOCIAL STORIES

By Carol Gray

Foreword by Dr. Barry Prizant
Author of *Uniquely Human: A Different Way of Seeing Autism*


New Sections!

- ★ Pre-school Children
- ★ Young Adults


REVISED & EXPANDED!

Over 180 Social Stories™ That Teach Everyday Social Skills to Children and Young Adults with Autism or Asperger's Syndrome, and Their Peers

INSIDE Includes a **FREE CD** of printable, editable Social Stories™!



Comic Strip Conversations



Illustrated interactions that teach conversation skills to students with autism and related disorders

Carol Gray
Director of The Gray Center for Social Learning and Understanding

Recommended resources

Social Understanding and Emotional Literacy

- The Disappointment Dragon: K.I. Al Ghani
- Have You Filled A Bucket Today?: Carol McCloud and David Messing
- You Are a Social Detective : Michelle Garcia Winner
- The Colour Monster: Anna Llenas
- The Colour Monster goes to School: Anna Llenas
- The New Social Story™ Book: Carol Gray
- The Incredible 5 Point Scale Mitzi Curtis & Kari Dunn Buron

- Find Your Happy: Emily Coxhead
- Usborne All About Feelings, Friends and Families: My First Books Set: Felicity Brooks
- Meesha Makes Friends: A Big Bright Feelings Book: Tom Percival

Recommended resources continued...

Growth mindset

- Your Fantastic Elastic Brain : Joann Deak and Sarah Ackerley
- The Dot: Peter Reynolds
- The Girl Who Never Made Mistakes: Gary Rubinstein
- Ish: Peter Reynolds
- Bea's Bad Day: A Big Bright Feelings Book: Tom Percival
- Tilda Tries Again: A Big Bright Feelings Book: Tom Percival

Self help

- The Kids guide to staying awesome and in control: Lauren Brukner
- You're a star: A Child's Guide to Self-Esteem: Poppy O'Neill
- Be Yourself: Why it's great to be you: A Child's Guide to Embracing Individuality: Poppy O'Neill.
- Be Brave: A Child's Guide to Overcoming Shyness: Poppy O'Neill

Recommended resources continued...

Anger

- There's a volcano in my tummy
- Starving the Anger Gremlin: Kate Collins-Donnelly
- When I Feel Angry: A Child's Guide to Understanding and Managing Moods: Poppy O'Neill
- Be calm: A Child's Guide to Feeling Relaxed and Happy: Poppy O'Neill
- Ravi's Roar: A Big Bright Feelings Book: Tom Percival

Jealousy

- Milo's Monster: A Big Bright Feelings Book: Tom Percival

Recommended resources continued...

Worries and anxiety

- When my Worries get Too big: Kari Dunn Buron
- The Huge Bag of Worries: Virginia Ironside and Frank Rodgers
- William Worrydactyl: Brian Moses
- The Panicosaurus: K.I Al Ghani
- Starving the Anxiety Gremlin: Kate Collins-Donnelly
- The Invisible String: Patrice Karst
- Don't Worry be happy: A Child's Guide to Understanding and Managing Moods: Poppy O'Neill
- Ruby's Worry: A Big Bright Feelings Book: Tom Percival
- Sammy Feels Shy: A Big Bright Feelings Book: Tom Percival
- Perfectly Norman: A Big Bright Feelings Book: Tom Percival
- Giraffes Can't Dance: Giles Andreae
- Elephant Me: Giles Andreae



Simple Tips for Helping Your Angry Child



- 1 Be sympathetic.** What seems small might be hugely important for your child.
- 2 Give space, but don't isolate.** Try a time-in or use a calm down corner.
- 3 Remind them that anger is OK.** It's a normal emotion, one that we all feel.
- 4 Don't overreact.** Model a calm voice and demeanor (easier said than done).
- 5 Make eye contact.** Children need to feel heard, especially when upset.



Simple Ways Kids Can Calm Down Anywhere



- 1 Count to 5.** This helps kids learn how to stop and think before reacting.
- 2 Take a deep breath.** This is a great relaxation technique for kids and adults!
- 3 Blow into your hands.** This gives kids the feedback of taking a deep breath.
- 4 Place hands in pockets.** A good tool for kids who react with their hands.
- 5 Make a fist, then relax.** This relieves tension built up in the body.
- 6 Do a body scan.** Notice areas of tension in the body and relax.
- 7 Ask for a hug.** Find someone you love and hug it out.



Draw on Color



Use a Breathing Board



Try Wave Breathing



Tell Myself a Positive Affirmation or Mantra.



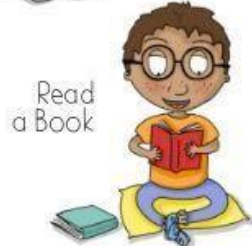
Try 5 Finger Breathing



Get a Drink of Water



Think of 3 Things I Am Grateful For



Read a Book



Stretch or Do Yoga



Look at Feel-Good Pictures



Ask Permission to Quietly Exercise for a Minute or Two



Use a Tool from the Calm Box

When I Feel Mad, Sad, Worried or Unfocused at School I Can...

Push Against the Wall and Then Relax



Ask a for Help



Build Something or Do a Puzzle



Treat Myself with Kindness and Just Breathe



Help Someone or Ask to Do a Classroom Chore



Give Myself or a Stuffed Animal a Hug



Journal or Write a Letter



Squeeze Then Relax My Muscles

7 Minute Animal HIIT

DO EACH ANIMAL MOVE AS MANY TIMES AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.



HOP, HOP, HOP LIKE A FROG



HANDS AND FEET ON THE FLOOR
HIPS HIGH, WALK LEFT AND RIGHT



LOW SUMO SQUAT, THEN USE YOUR
HANDS TO BALANCE AND SHUFFLE
AROUND THE ROOM



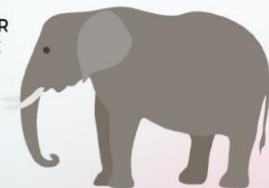
RUN IN PLACE AS FAST AS YOU CAN!



JUMP UP AND DOWN WITH YOUR
ARMS AND LEGS SPREAD WIDE



SIT AND PLACE YOUR PALMS ON
THE GROUND BEHIND YOU. LIFT YOUR
HIPS AND CRAWL ON YOUR
HANDS AND FEET



MARCH IN PLACE STOMPING THE GROUND
WITH ALL YOUR STRENGTH

HOW DOES EXERCISE HELP *Self-Regulation*



How to nurture a child's mental health



Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Mental Fills

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Practice relaxation exercises together

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Be present

Recognize positive choices

Set and respect boundaries



MINDFULNESS

IN ONE DAY

FOR BEGINNERS

THINK BREATHING



Breathe in, hold for three counts and exhale. Count seven breaths.



MINDFUL DRINK

Kick start your body, mix hot water, lemon and cayenne pepper. Taste It!

DO ONE THING AT A TIME



When eating, just eat, when checking emails, just check emails.



NOTICE YOUR SENSES

What are two things you can taste, touch, smell, hear, right now?

DEEP LISTENING



Listen completely and contemplate your response.



MINDFUL EATING

Turn off all distractions, explore the textures, favours and temperatures

MINDFUL WALKING



Feel your feet connecting with the ground.



BODY SCAN TIME

Bring your attention to your body, send the breath to any areas of tension.



Ride a Bike or SKATEBOARD



MAKE & PLAY WITH SLIME



Hug or Climb a Tree



Smile & Laugh



Get Plenty of SLEEP



Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



DRINK A WARM CUP OF TEA



Clean, Declutter or Organize

JUMP on a Trampoline



Blow Bubbles

ASK FOR HELP

ASK FOR HELP



WEAVE, KNOT or CROCHET



Practice Gratitude



KICK BOUNCE or THROW a BALL



EAT Healthy



Color, Paint or Draw

CREATE ART!



Use Kind & Compassionate Self-Talk



JOURNAL or WRITE A LETTER



Take Slow, Mindful Breaths



Forgive, Let Go, Move On



Use Aromatherapy (Small, scented pot)



Sing and/or Dance



Try or Learn Something New



EXPLORE & DISCOVER Nature's Treasures



DO a PUZZLE



EXERCISE



BUILD Something



Listen to MUSIC



Make a Scrapbook or Collage



Ouddle or Play with Your Pet



Drink Water



Cook or Bake

I am strong!



SAY Positive Affirmations



READ a Book or Magazine



Cry



Play Outside



TALK to Someone You Trust!

50 COPING SKILLS for kids