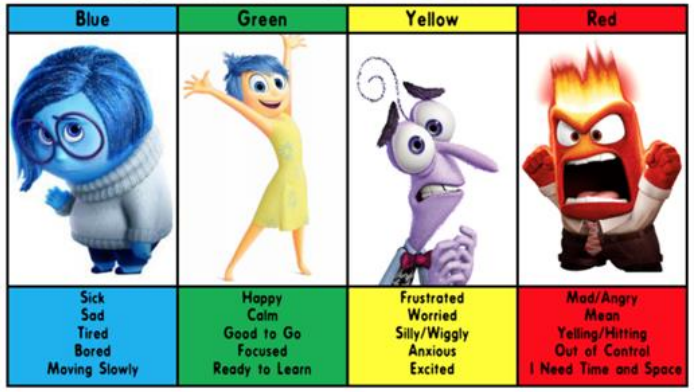
THE ZONES OF REGULATION®

Rachel Turnbull



Aims

1. To know what the ZORs are and why we use them
2. To further embed ZOR into everyday practice.

Survival brain vs thinking brain

To help us understand this we are going to focus on two parts of your brain - your thinking brain and your survival brain

Survival brain

Quick

Emotional (does not think – reacts)

Protects from danger: fight, flight, freeze

Thinking brain

Slow

Clever

Answers tricky questions

https://www.youtube.com/watch?v=2xeDcPBD5Fk

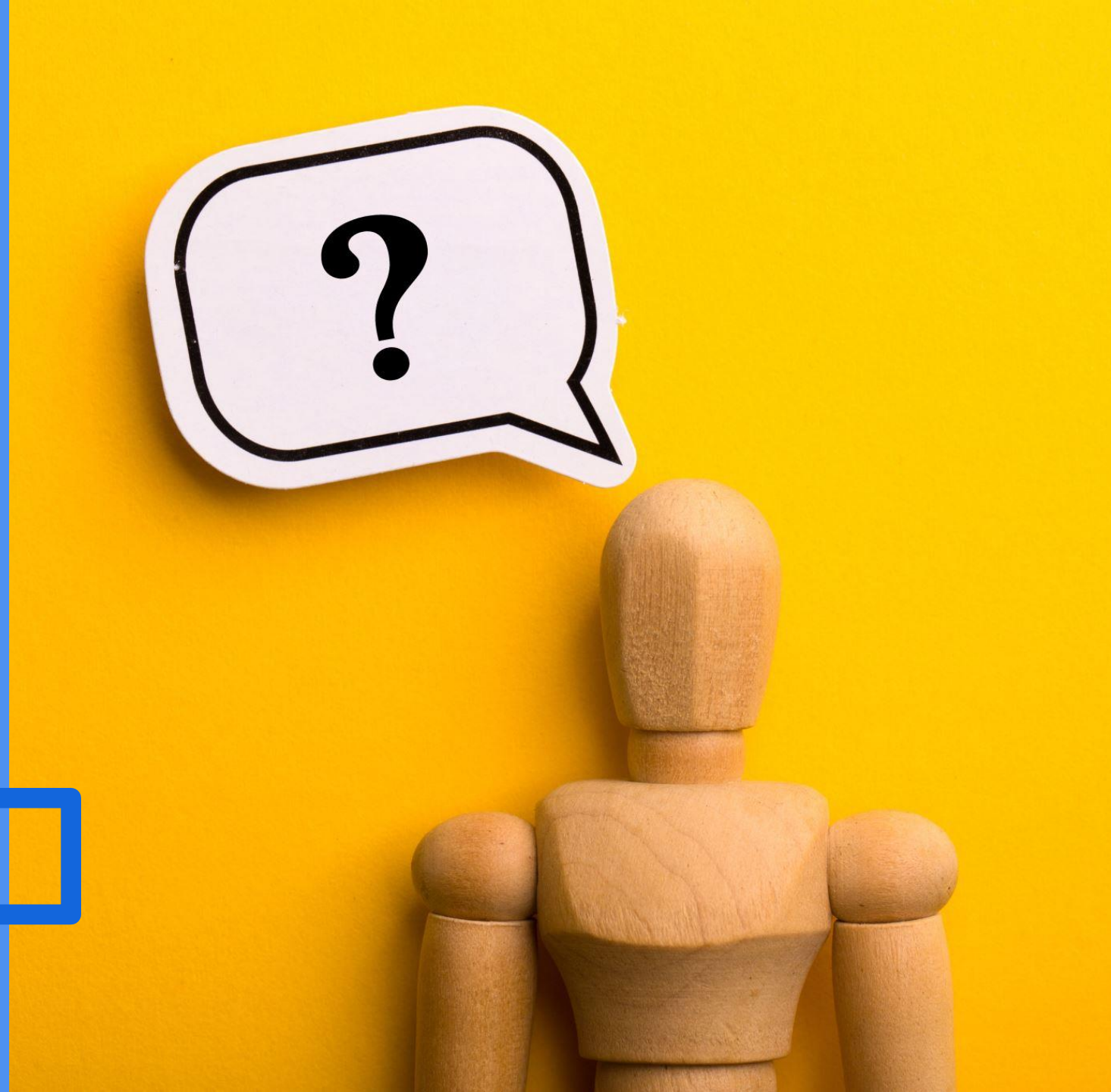
Dr Doctor Siegel – Hand model of the brain

Fight, flight, freeze

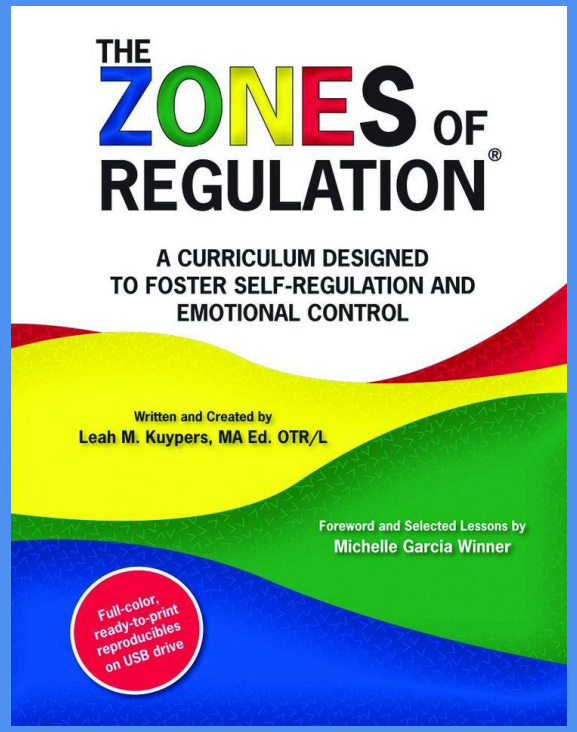
[Brain Basics: Anxiety (for kids) Part 3 - The fight, flight and freeze responses (youtube.com)]

What are the Zones of Regulation?

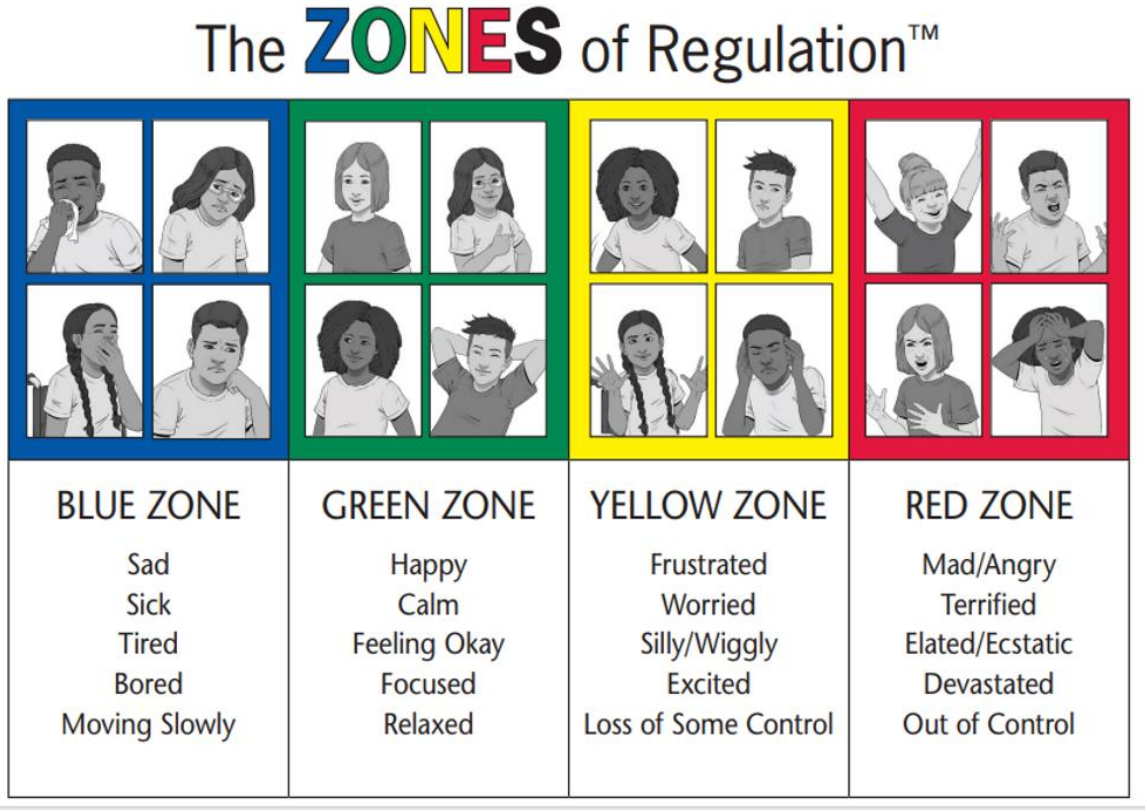
Talk to the person next to you



What are the Zones?



- Using a cognitive behaviour approach, the zones of regulation curriculum's learning activities are developed to help students identify when they are in a particular state called "zone," and each of the four zones is represented by a distinct colour.
- Feelings have different levels of energy, intensity and sizes.
- To simplify this concept - Leah Kuypers categorised human feelings into 4 easy, coloured categories named Zones of Regulation.



There's a poor connection between my Thinking brain and Survival Brain

- When did you last feel blue?
- What's our energy like?
- What made things a little easier?

The Blue Zone portrays down feelings and low energy levels such as when someone feels bored, sick, tired

Blue

I may feel…

- Bored
- Tired
- Sick
- Sad

Looks like…

- A frown
- Head down
- Staring
- Yawning
- Sleepy body

Sounds like…

- Crying
- Yawning
- “I’m sad”
- “I’m bored”
- Sighs

I can…

- Take a break
- Think of happy things
- Ask for help
- Draw a picture
- Listen to happy music
- Cuddle a teddy bear

Thinking and Survival brain are working well together

- When did you last feel green?
- What were you able to do?
- Energy level?
- Which part of the brain is in charge?

The Green Zone depicts calmness and the feeling of being in control. A person in the green zone may be described as content, focused, happy or ready for learning. Green is considered as the zone with optimal learning.

Green

I may feel…

- Focused
- Calm
- Happy
- Ready to learn

Looks like…

- Smiling
- Focused
- Calm body
- Listening body
- Productive work

Sounds like…

- Quiet listening
- People working
- Working voice
- Levels kind words

I can…

- Finish my work
- Listen
- Help my friends
- Share my happy thoughts

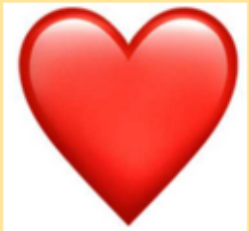
Warning! I'm at risk of flipping my lid soon! I'm losing control

- When did you last feel yellow?
- What kept things calm?
- Energy levels?

The Yellow Zone describes a person with additional levels of energy and elevated emotions, but remains in more control. An individual may be facing nervousness, wiggles, silliness, excitement, anxiety, frustration or stress within the Yellow sign.

Yellow

I may feel…



- Silly
- Worried
- Frustrated
- Anxious

Looks like…

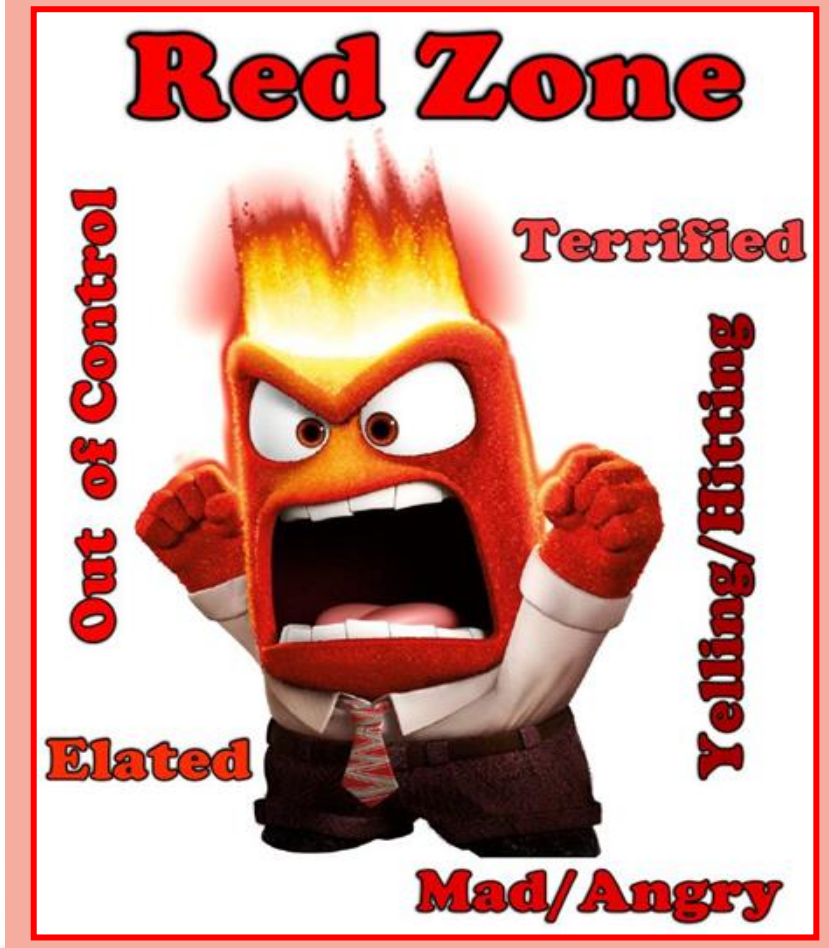
- A pouting face
- Arms crossed
- Silly bodies
- Wiggly body

Sounds like…

- loud voice levels
- Whinging
- Unkind words
- Giggling and laughing
- Silly and goofy sounds

I can…

- Ask for a break
- Talk to my teacher or friends
- Go for a walk
- Listen to calm music
- Try calm breathing
- Squeeze a stress ball
- Do yoga



I've flipped my lid'
My thinking brain is 'off line'
My survival brain guard dog has taken over.

- When did you last feel red?
- What cooled things down?
- Energy level?
- Which part of the brain is in charge?

The Red Zone demonstrates strong emotions and extraordinarily high energy. A person is said to be in the red zone when he is feeling angry, elated, terrified, out of control, devastated or enraged.

Red

I may feel…

- I need help
- Mean
- Angry
- Out of control

Looks like…

- Fighting
- Kicking, pushing, hitting
- A mad face
- Head in fists

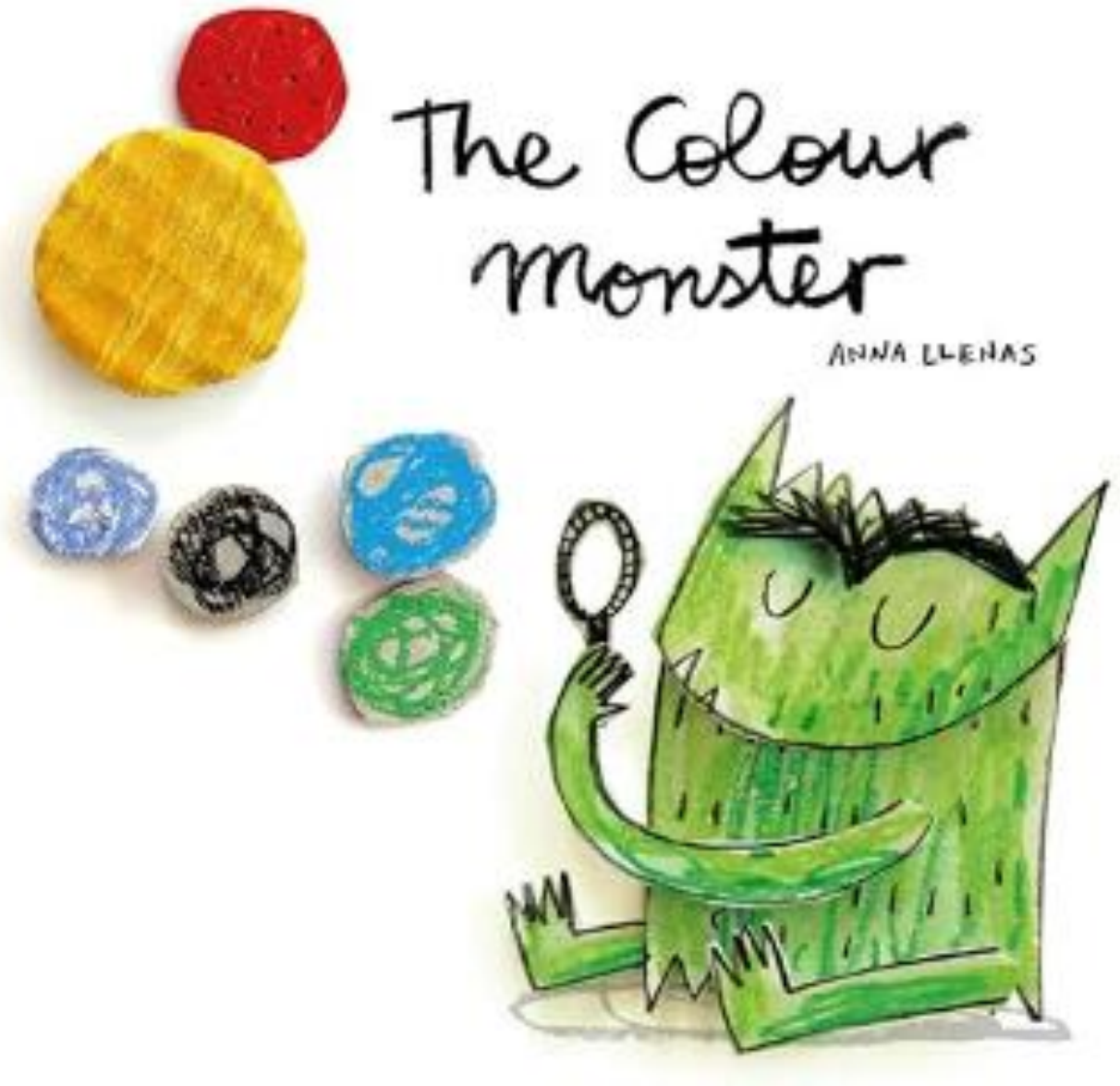
Sounds like…

- loud yelling
- Stomping the floor
- Screaming
- Crying really hard

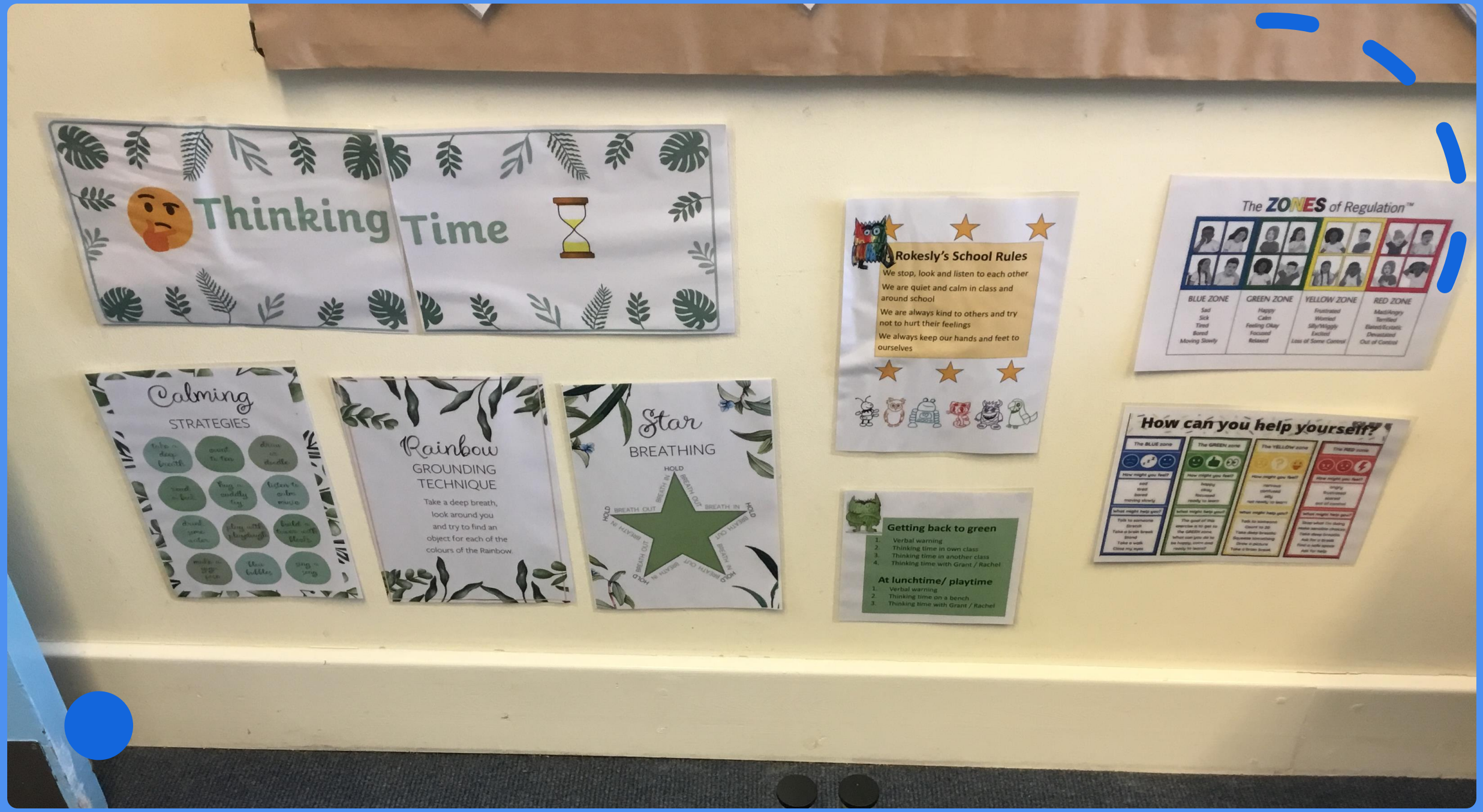
I can…

- Ask for help
- Ask for a break
- Go to a calm area
- Count to ten
- Talk about the problem
- Try calm breathing
- Squeeze a stress ball
- Wrap your arms around yourself and give a squeezy hug

Introduce/re-introduce ZORs with the colour monster book



Designated zones area

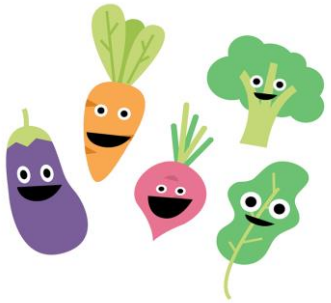

Thinking Time
Calming STRATEGIES
Rainbow GROUNDING TECHNIQUE
Take a deep breath, look around you and try to find an object for each of the colours of the Rainbow.
Star BREATHING
HOLD
BREATH IN
BREATH OUT
Rokesly's School Rules
We stop, look and listen to each other
We are quiet and calm in class and around school
We are always kind to others and try not to hurt their feelings
We always keep our hands and feet to ourselves
Getting back to green
1. Verbal warning
2. Thinking time in own class
3. Thinking time in another class
4. Thinking time with Grant / Rachel
At lunchtime/ playtime
1. Verbal warning
2. Thinking time on a bench
3. Thinking time with Grant / Rachel
The ZONES of Regulation™
BLUE ZONE
GREEN ZONE
YELLOW ZONE
RED ZONE
How can you help yourself?

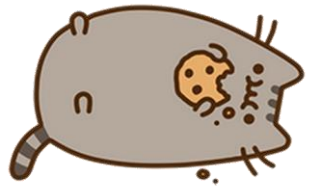
How to get back to green zone

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

Staying / getting back to green zone





Feelings Thermometer

Agitated
Angry
Devastated
Frightened
Furious
Jealous
Stressed Out

Confused
Embarrassed
Excited
Irritated
Nervous
Silly
Worried

Confident
Fine
Focused
Happy
Hopeful
Peaceful
Proud

Bored
Disappointed
Lonely
Sad
Shy
Sick
Tired

How Do You Act?	What Can You Do About It?
Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping	Count to 10 or 100 Tell an adult Move your body or exercise Stop, and walk away Take deep breaths Take a nap Practice grounding techniques
Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated	Take deep breaths Take a break Pause, and ask for help Use positive self-talk Relax and try again Tense and relax your muscles Think of a peaceful place
Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself	Smile & practice gratitude Help someone else Use kind & positive words Take steps toward your goals Exercise Keep listening Write about your successes
Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed	Get or give a hug Talk to friends or family Get some fresh air Stretch Listen to music Move your body or exercise Do a hobby you enjoy

Mental Health Center Kids
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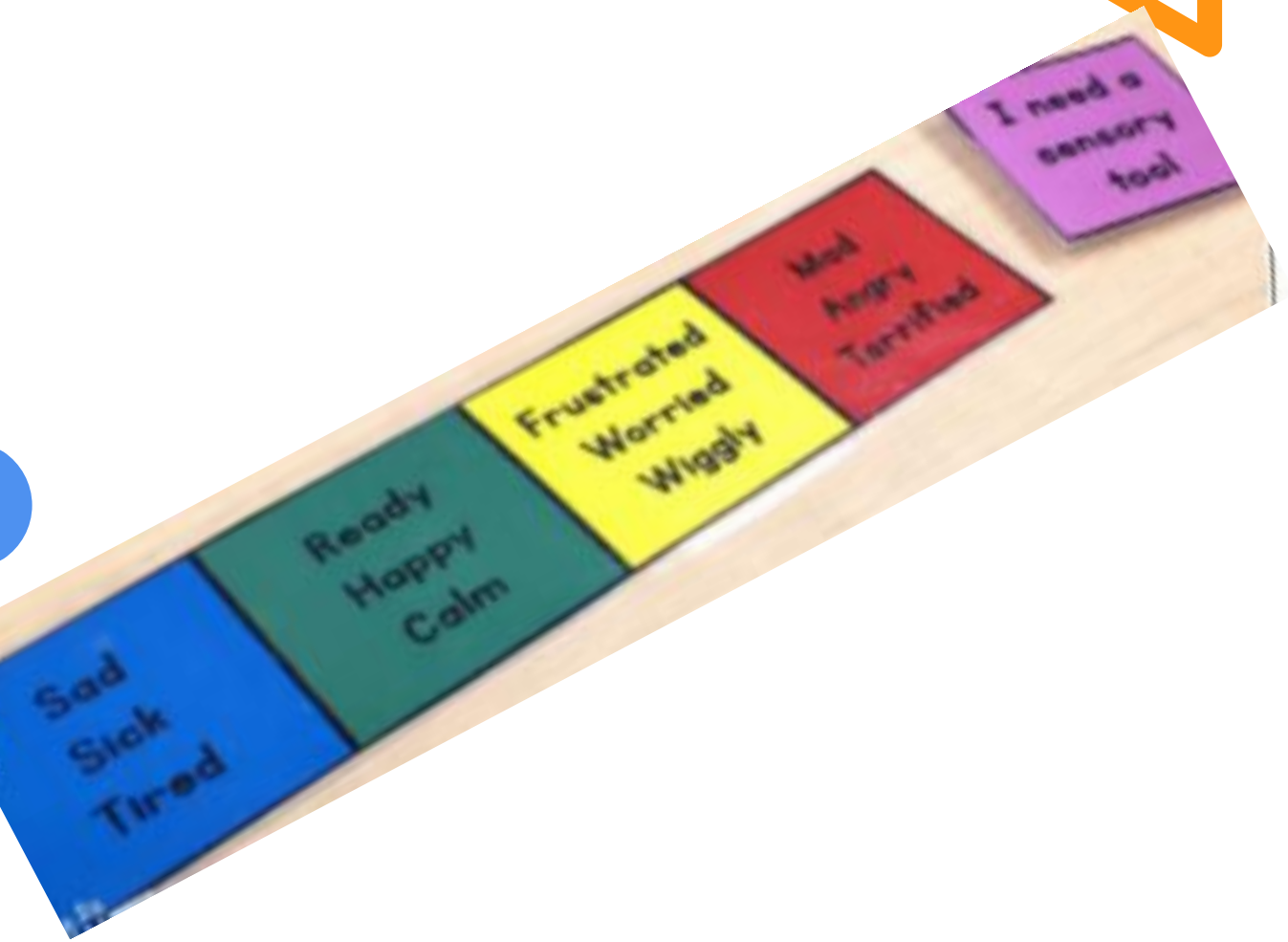

Use small ZORs cards for children who need to show you their zone quickly

So, are there good and bad emotions?

Talk to the person next to you

There are
no good or
bad Zones

What do you do that works well? (could be on the list)

Anything on the list that you used to do and forgot about?

What will you implement after reading this?

Anything else?

Useful links / Resources

For children

- What are Emotions? (youtube.com)
- Brain Basics: Anxiety (for kids) Part 1 - All about emotions - YouTube
- Inside Out: Guessing the feelings. (youtube.com)

- Brain & amygdala hand model explains how thoughts & emotions fuel anxiety https://empoweru.education (youtube.com)
- Fight Flight Freeze – A Guide to Anxiety for Kids - YouTube
- Brain Basics: Anxiety (for kids) Part 3 - The fight, flight and freeze responses – YouTube

- Candle and Flower Breathing - Mindful and Calming Breathing Technique (youtube.com)

For parents

- The Zones of Regulation | A Curriculum For Emotional Regulation

Activities for children

How we feel our emotions in our bodies and brains

Identifying what feeling is in what zone

Any questions?

Thank you