



The Zones of Regulation

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Written and Created by
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What are the Zones of Regulation?



- The Zones of Regulation help us recognize the different ways we feel throughout the day.
- The Zones help us SELF-REGULATE.



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 Terrified Yelling/Hitting Elated Out of Control</p>

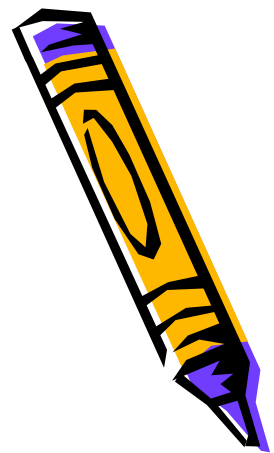
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Emotions

Our many different feelings are also called **emotions**.

This is the word we use for all the different ways we feel throughout the day.





SELF-REGULATE

This is the word we use to describe being able to control our **emotions** and the behaviors our **emotions** cause.



Expected & Unexpected Behavior



Which **ZONE** Should I Be In?

All of the zone colors are okay. There are times when you should be in different zones. In the classroom, we try to stay in the Green Zone. Think about times when it's expected that you would be in the Yellow, Blue, or even the Red Zone.

Times when it is expected to be in each zone...

Times to be in the BLUE ZONE...	Times to be in the GREEN ZONE...
Times to be in the YELLOW ZONE...	Times to be in the RED ZONE...



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THE GREEN ZONE

I am:

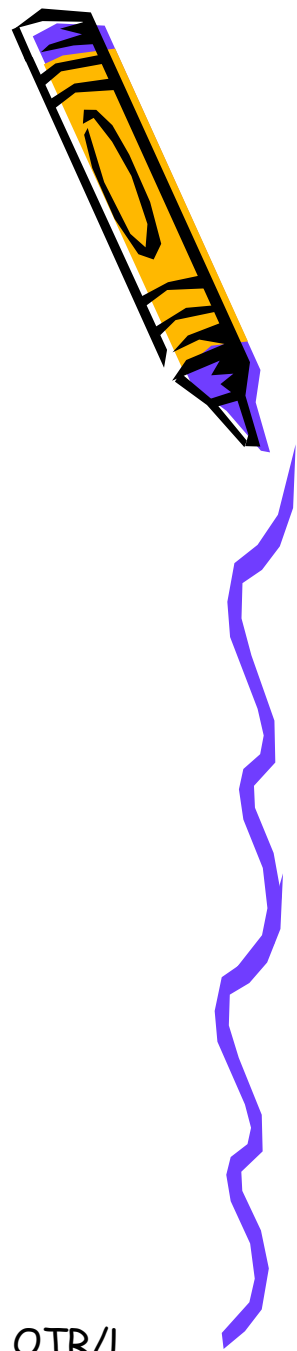
Happy

Calm

Feeling OK

Focused

Ready to Learn



THE BLUE ZONE

I am:

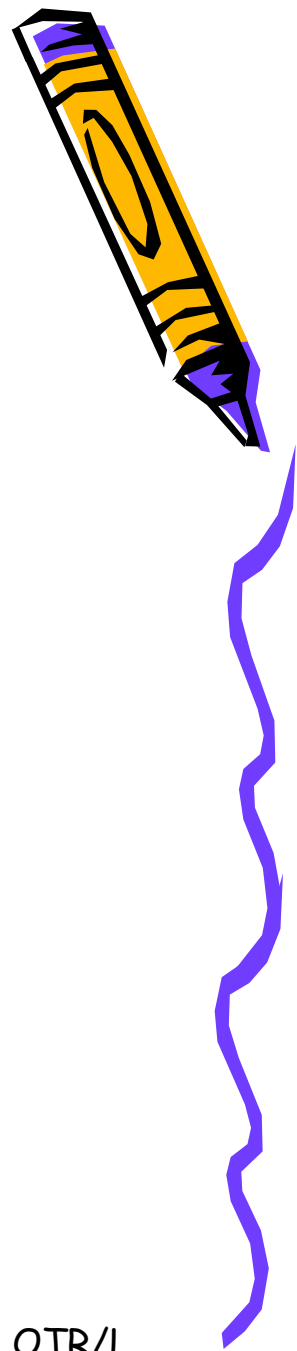
Sad

Sick

Tired

Bored

Moving Slowly



THE YELLOW ZONE

I am:

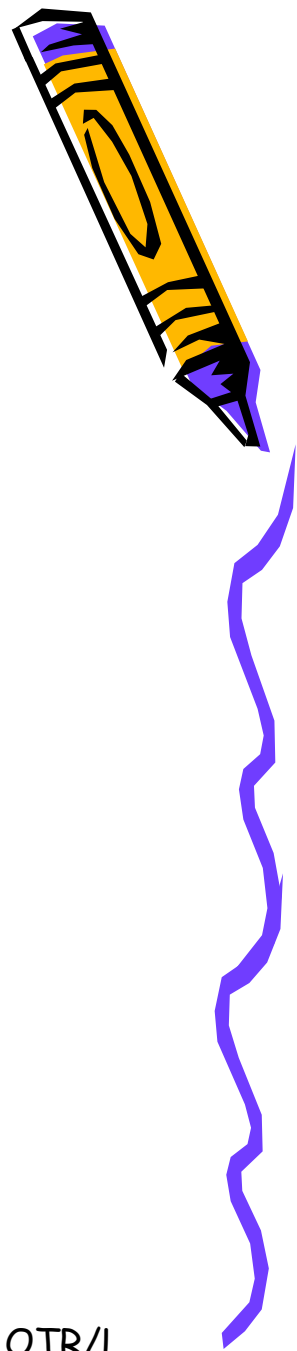
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



THE RED ZONE

I am:

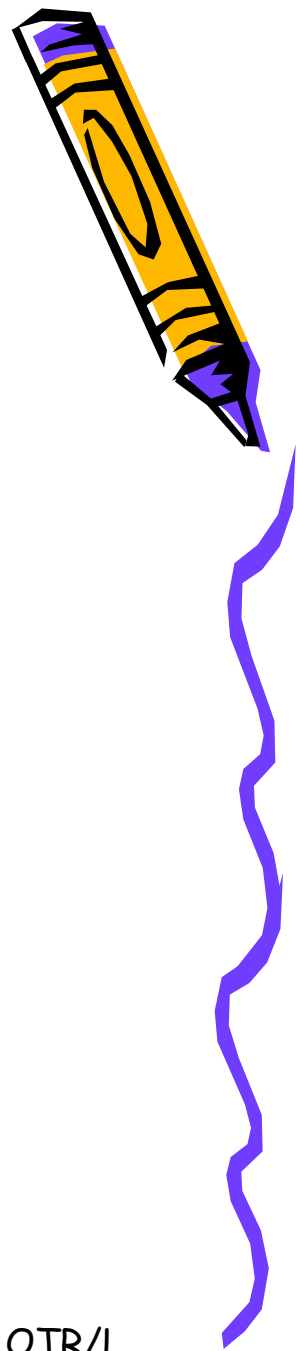
Mad

Angry

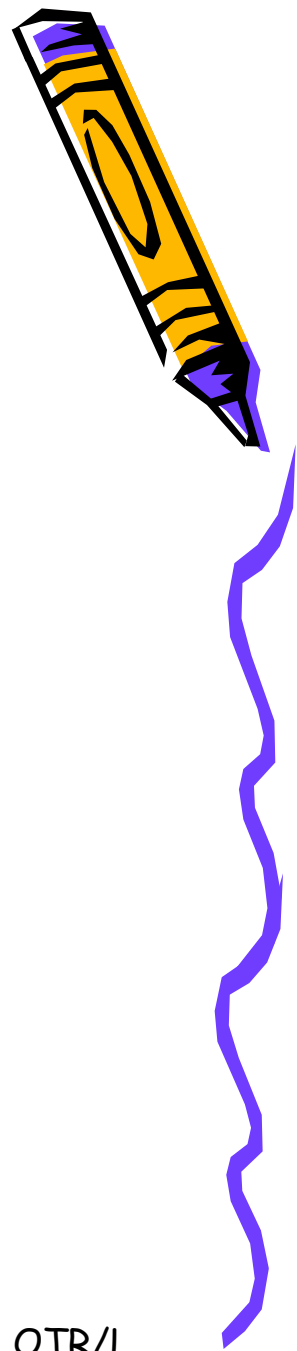
Scared

Elated

Out of Control



Zones Across the Day



The ZONES of Regulation® Reproducible N

_____'s **ZONES** Across the Day: _____

RED														
YELLOW														
GREEN														
BLUE														



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Which **Zone** do you think
is the BAD **Zone**?

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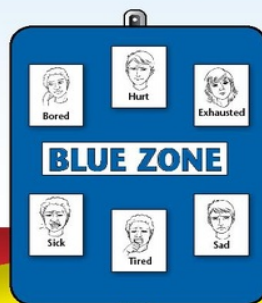
NONE of the **Zones** are
BAD!

It is OKAY to have all
different kinds of **emotions!**



Toolbox

THE ZONES OF REGULATION®



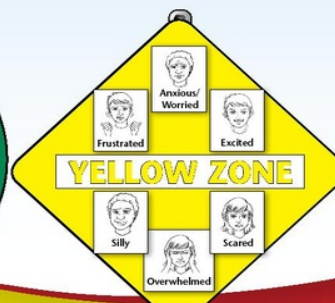
Blue Zone Tools

Stretch



Green Zone Tools

Drink water



Yellow Zone Tools

Deep breaths



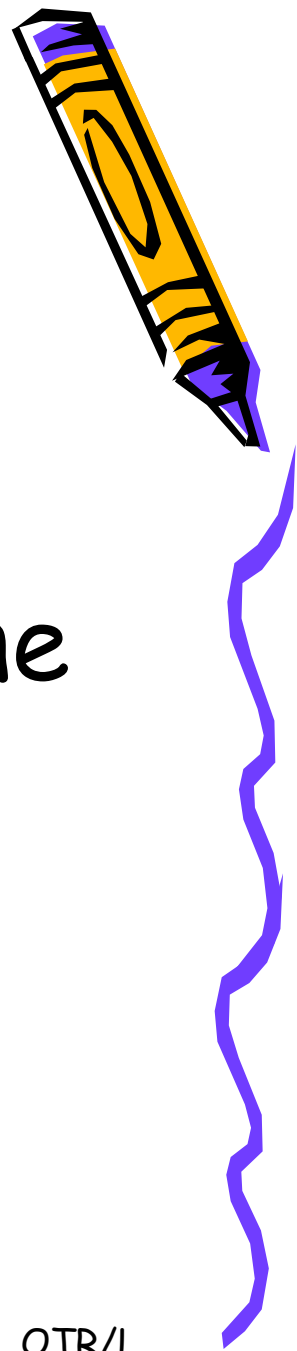
Red Zone Tools

Take a break

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Strategies for the RED Zone



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Differentiate Between Feelings and Behavior



- Anger is a normal, healthy emotion. However, many children struggle to understand the difference between angry feelings and aggressive behavior.
- Teach your child to **label** their feelings so they can verbalize feelings of anger, frustration, and disappointment.
- Say, "It's OK to feel angry but it's not OK to hit." Help them see that they are in control of their actions when they feel angry.
- Sometimes, aggressive behavior stems from a variety of uncomfortable feelings, like sadness or embarrassment. Talk about feelings often and over time, your child will learn to recognize their feelings better.



Kimochis

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toys with feelings inside



HAPPY



SAD



MAD



BRAVE



EMBARRASSED



FRIENDLY



SORRY



DISAPPOINTED



FRUSTRATED



SILLY



HOPEFUL



LEFT OUT



EXCITED



JEALOUS



CURIOUS



CRANKY



SENSITIVE



PROUD



INSECURE



GRATEFUL



LOVED



GUILTY



UNCOMFORTABLE



SHY



HURT



SURPRISED



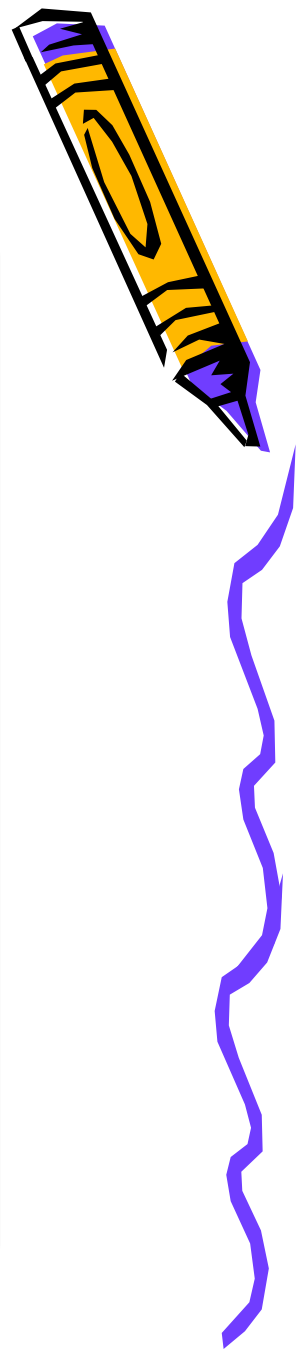
SCARED



KIND

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FREE CD WITH BLANK SCALES

The Incredible 5-Point Scale:

The Significantly Improved and Expanded Second Edition

*Assisting students in understanding social interactions
and controlling their emotional responses*

Kari Dunn Buron and Mitzi Curtis



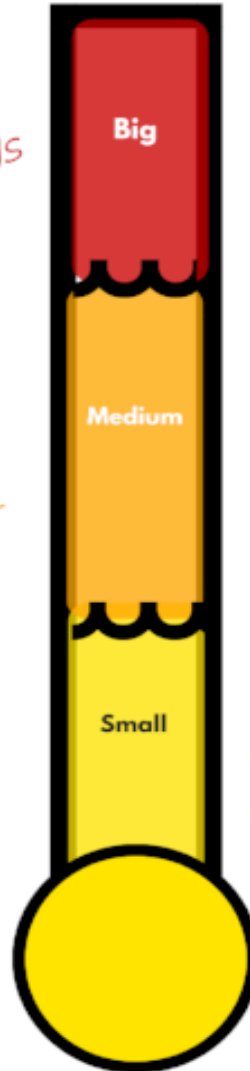
My ANGER Thermometer

What I look like

- Yelling
- Throwing things

- Loud voice
- Stomping foot

- Sigh loudly
- Growl

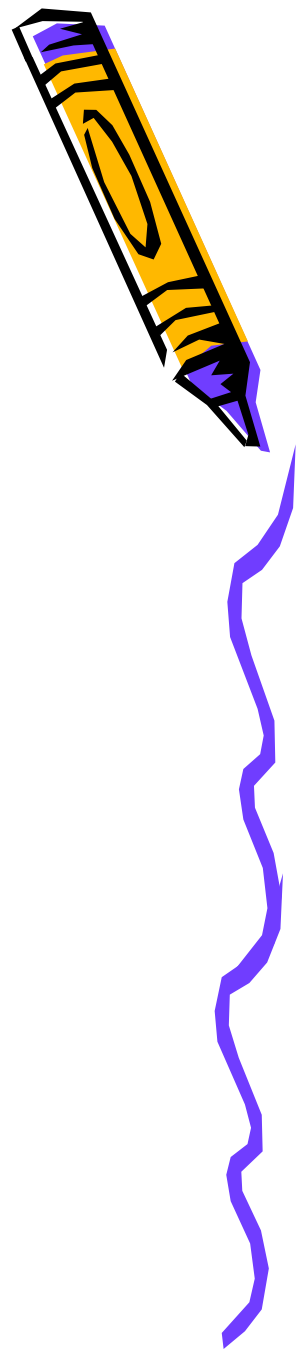


What I can do

- Take a break
- Shred paper

- Exercise
- Take deep breaths

- Get a drink of water
- Squeeze play dough

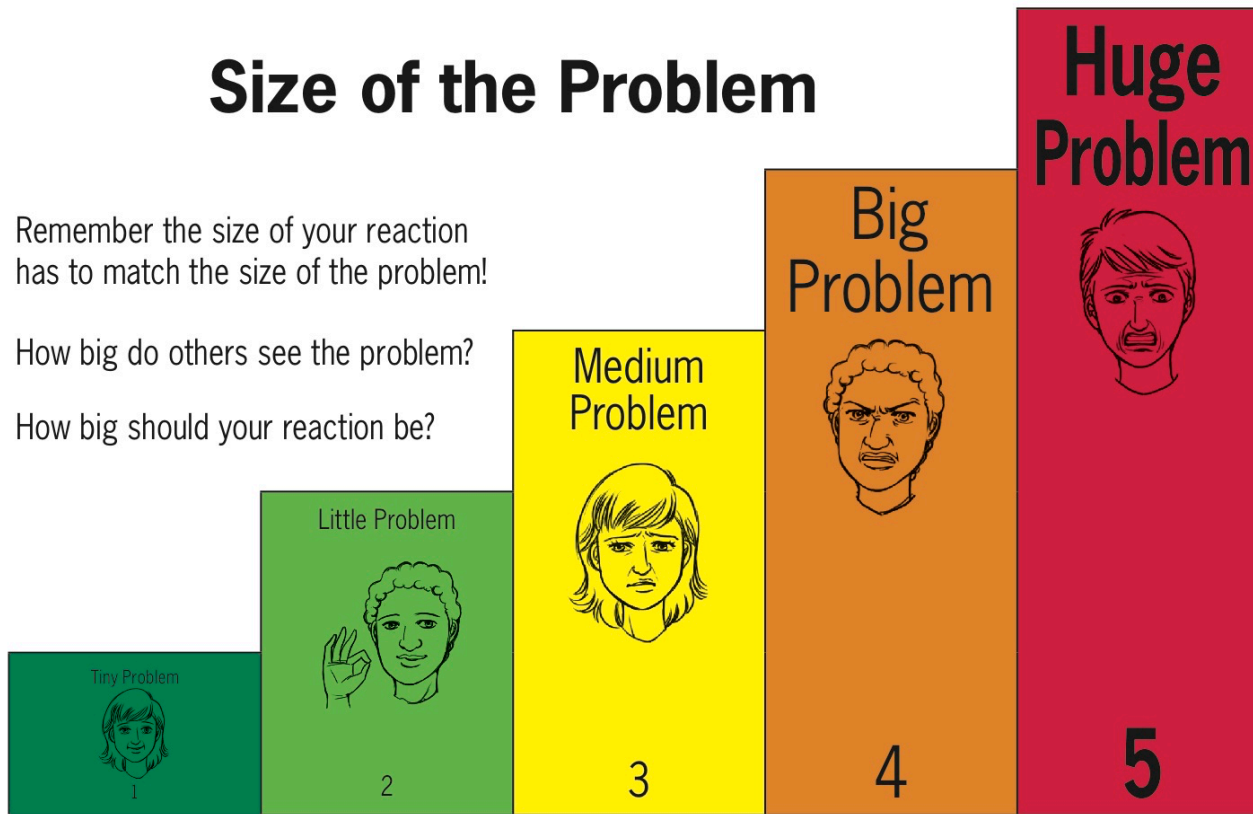


Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?

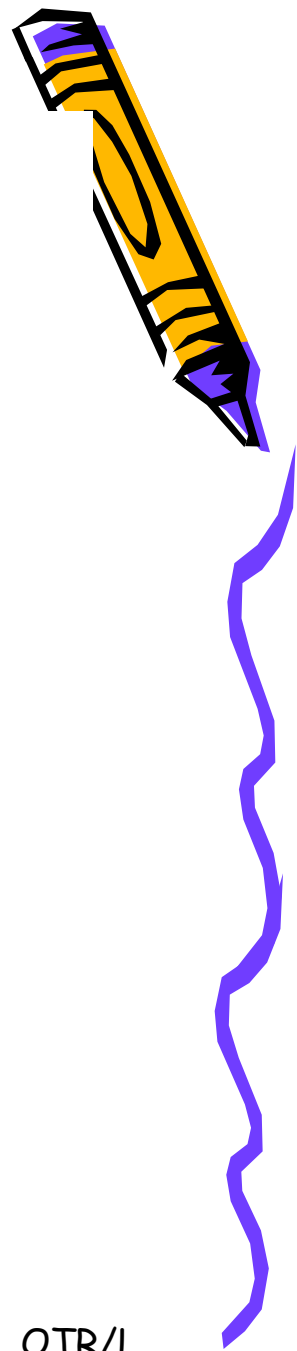


Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com

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ANGER WARNING SIGNS

Color in the warning signs that happen to you when you start to get angry.

Stomach ache

I feel dizzy

My heart beats faster

My neck and face feel hot

My muscles hurt

Clench my fists

Headache

I huff and puff

I have angry thoughts

I start to shake or tremble

My whole body feels hot

I feel like crying

Sweating

I start to raise my voice

It's hard to breathe

Clammy hands

My chest feels tight

I pace back and forth

Breathe fast

Tingling

Clench my jaw

Feel like throwing up

Blurry vision

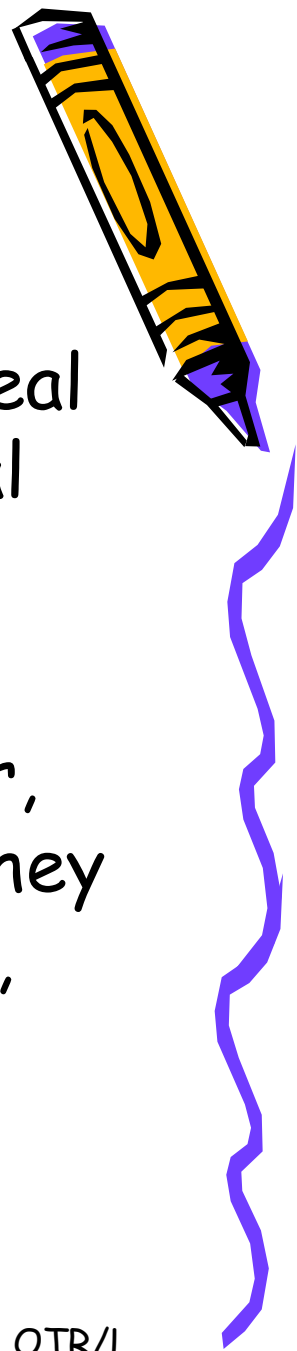


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Model Appropriate Anger Management Skills

- The best way to teach your child how to deal with anger is by showing them how you deal with your emotions when you feel angry.
- If your child watches you lose your temper, they are more likely to do the same. But, if they see you cope with your feelings in a kinder, gentler way, they will pick up on that too.



100 FREE

COPING STRATEGIES

Date: _____

EXAMPLES OF COPING STRATEGIES:

deep breaths
positive activity
ports
if something funny
quick walk
yoga
and stretch
music
me out
unt to ten
ve self-talk
thing kind to yourself
friend
adult
eyes and relax
to this"
r favorite place
ething happy
you love
meone you love
ep
snack
ok

32. Meditate
33. Use stress balls
34. Listen to music
35. Look at pictures of your favorite things
36. Make a list of things you like
37. Make a list of things you are good at
38. Write a letter to someone you love
39. Draw a picture of something you like
40. Give someone a compliment
41. Put a sticker on your desk
42. Do something you love
43. Write a list of things you are good at
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. ...



Coping Strategies

COPING STRATEGIES

Date: _____

60. Write a thank you note
61. Count to 100
62. Make a list for the future
63. Read inspirational quotes
64. Compliment yourself
65. Visualize a stop sign
66. Laugh
67. Smile in the mirror
68. Smile at others
69. Do schoolwork
70. Look at animal pictures
71. Hyperfocus on an object
72. Notice 5 things you can see
73. Paint with water colors
74. Use a relaxation app
75. Plan a day
76. Use stress management
77. Identify a positive thought
78. Express your feelings
79. Write down your thoughts
80. Identify a positive thought
81. Make your day's schedule
82. List 10 positives about yourself
83. Ask yourself, "What can I learn from this?"
84. Tell someone you are proud of
85. Pet an animal
86. Make a list of choices
87. Ask an adult for help
88. Organize something
89. Play a card game
90. Listen to nature sounds



Establish Anger Rules

- Families have expectations about what behavior is acceptable and what isn't when it comes to anger. Some families don't mind doors being slammed and voices being raised while other families have less tolerance for such behaviors. Create written **household rules** that outline your expectations.
- Address areas such as physical aggression, name-calling, and destruction of property so that your child understands they can't throw things, break things or lash out verbally or physically when they are mad.



Anger Rules

It is o.k. to be angry but...



*Don't hurt others



*Don't hurt yourself



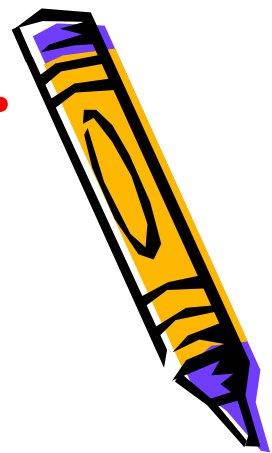
*Don't hurt property



Talk about how you feel...



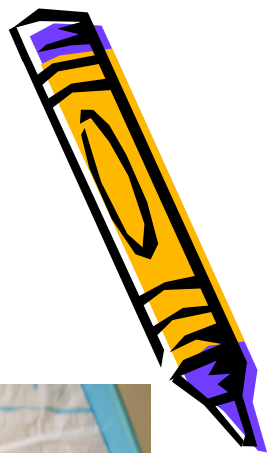
Create a calm, safe spot in your home



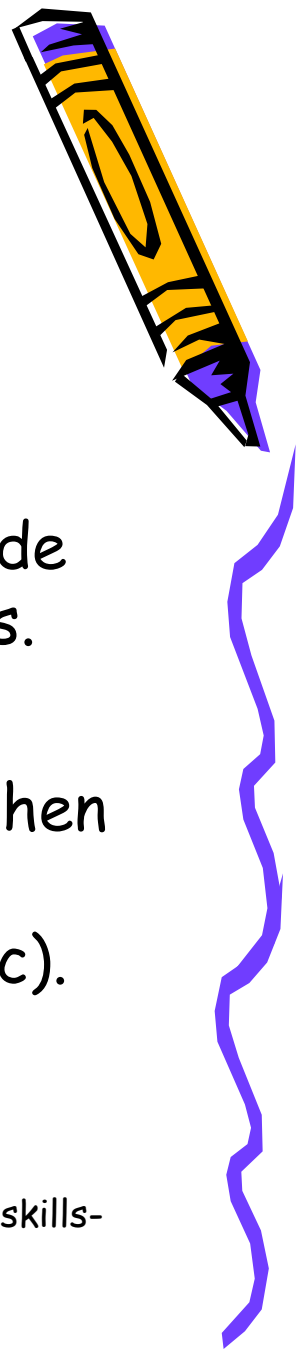
- When some kids get big feelings, they destroy items around them - rip books, throw toys, etc. If that's the case for your child, it may be helpful for you to set up a safe spot where your child can go when they are angry. In that space, take everything out that can be destroyed or thrown that might injure someone or damage property.



Calm down spot/tool box



Teach Healthy Coping Skills



- Kids need to know appropriate ways to deal with their anger.
- Create coping skills during a calm time and provide options. Have your child be a part of the process.
- Create a calm down kit that your child can use when feeling upset. (for example: a coloring book and crayons, squishies, fidgets, lotion, soothing music).



Ready to Use Coping Skills Cue Cards

Calming Set

33 Ready to Use Cards

When I feel _____
I can...

take a
deep
breath
using a
pinwheel



When I feel _____
I can...

Imagine my favorite
place
what do I see?
hear? feel? smell?

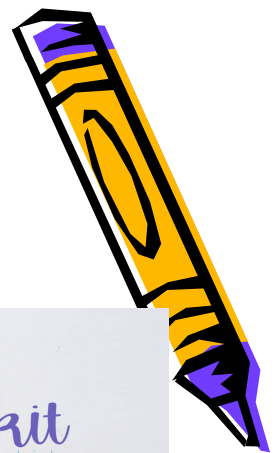


When I feel _____
I can...

Pretend my belly is
a balloon. Breathe
in and make the
balloon bigger, then
breathe out and
make the balloon
smaller



Calm down kit



8 WAYS KIDS CAN CALM DOWN ANYWHERE



All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

1 COUNT TO 5.

Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.

2 TAKE A DEEP BREATH.

Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.

3 BLOW INTO YOUR HANDS.

This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.

4 PLACE HANDS IN POCKETS.

This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.

5 ACKNOWLEDGE ANTECEDENTS TO ANGER.

It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?

6 MAKE A FIST, THEN RELAX THE HAND.

Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset.

7 DO A BODY SCAN.

Start at the head, working down the body, notice areas of tension and relax those muscles.

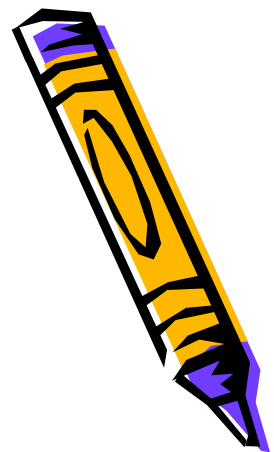
8 ASK FOR A HUG.

Hugs make everything better. Find someone you love and hug it out.



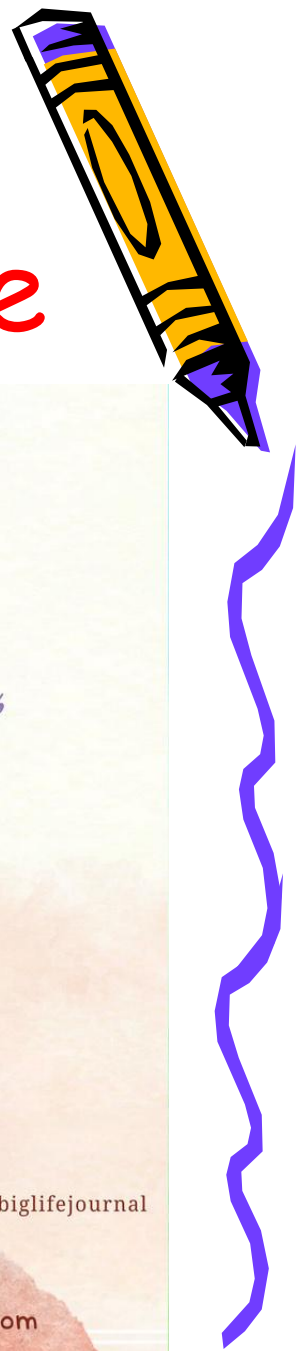
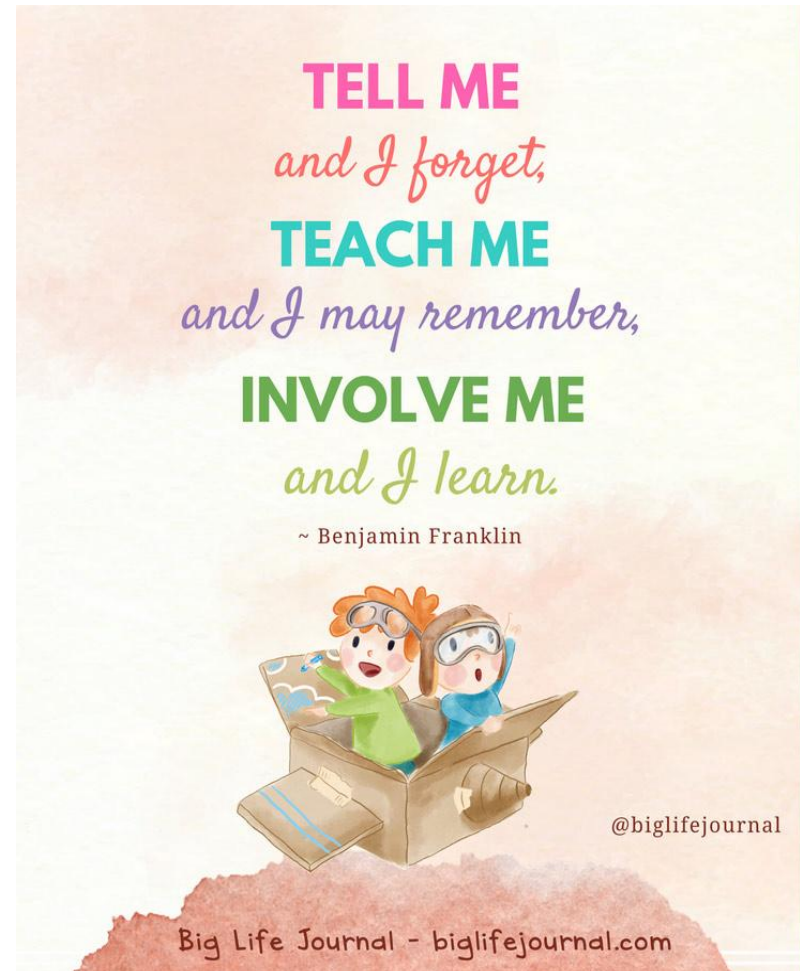
ANGER MANAGEMENT

23 CALMING STRATEGY CARDS



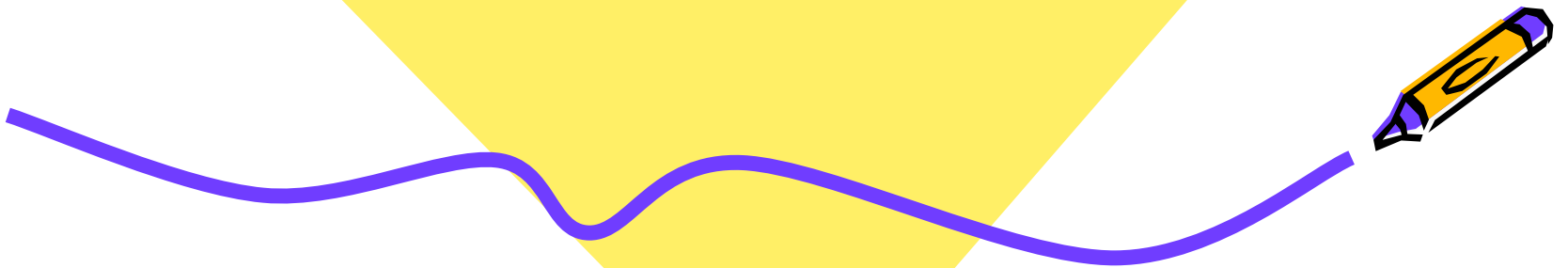
Praise and Problem Solve

- When your child has calmed down:
 - Praise him/her for pulling it together
 - Reflect on the problem and discuss how it could be managed better next time.



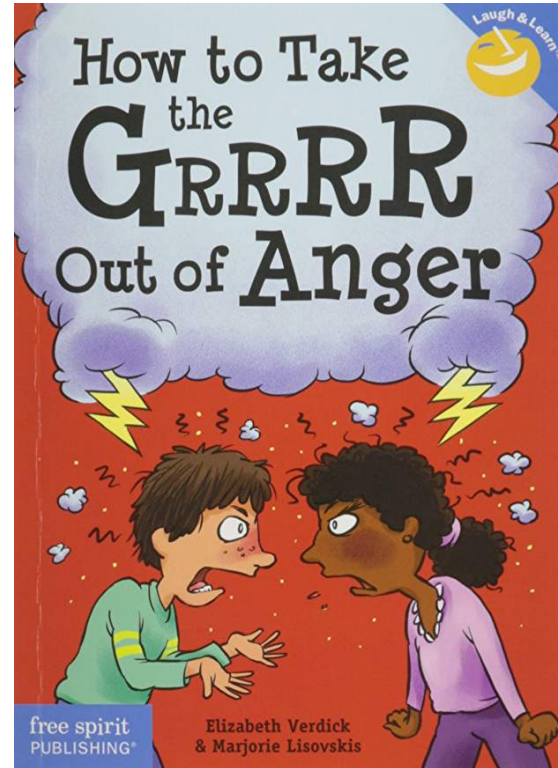
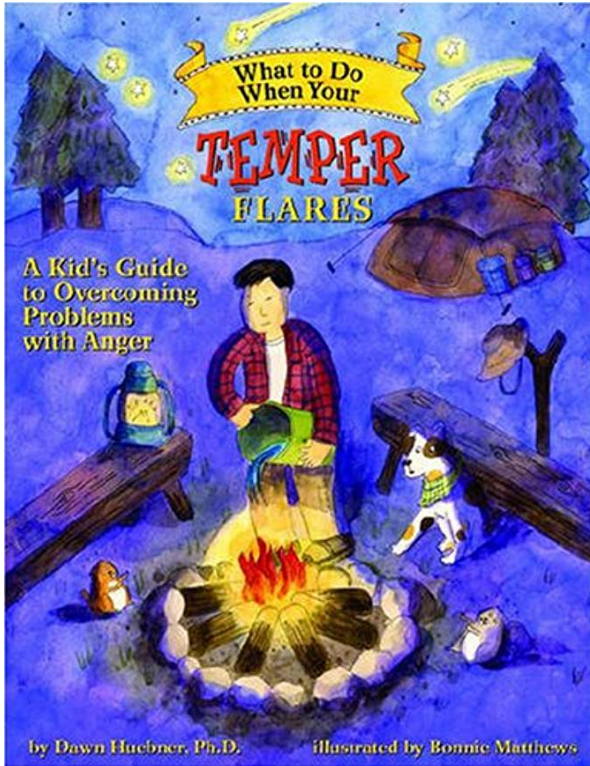


Resources

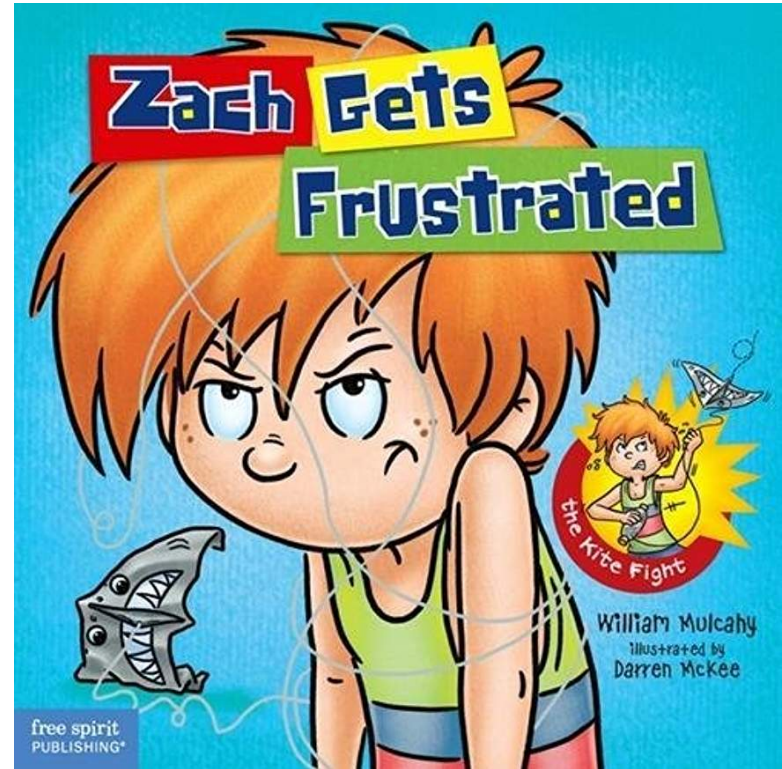
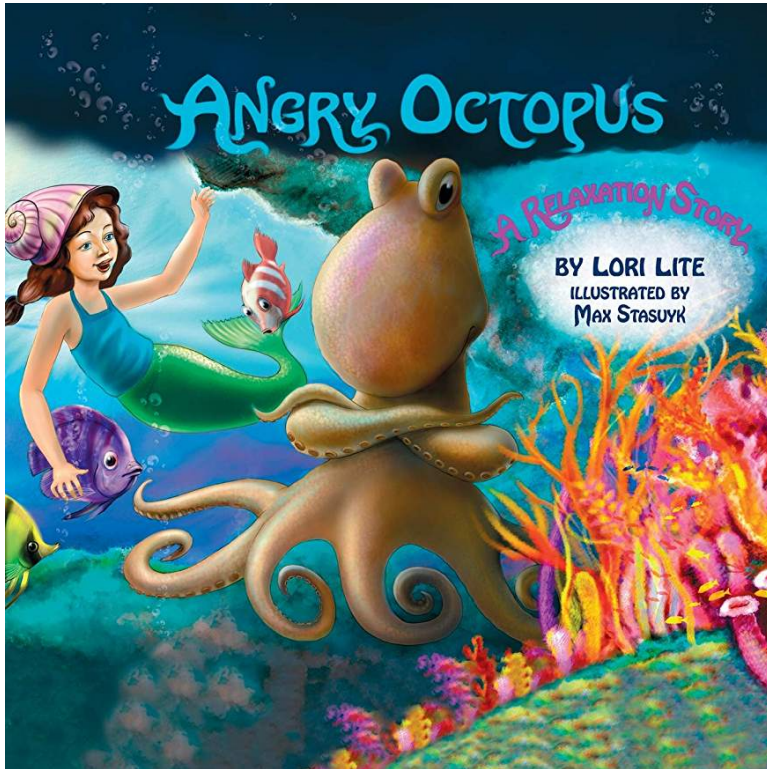


Workbooks

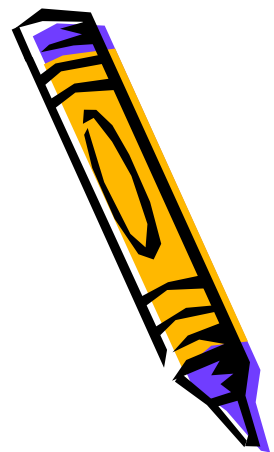
(upper elementary)



Picture Books (lower elementary)



Games





Comments and Questions

