

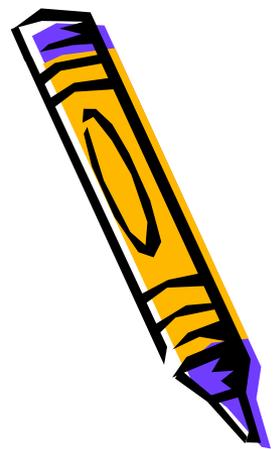
The Zones of Regulation

Lydia Noble lnoble@sbsd.net
Jill Carter jcarter@sbsd.net



Written and Created by
Leah M. Kuypers, MA Ed. OTR/L

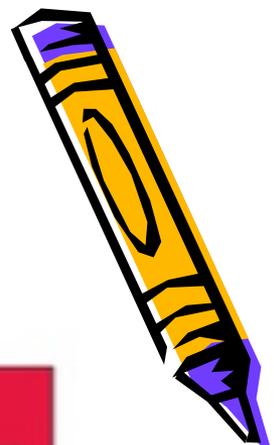
What are the Zones of Regulation?



- 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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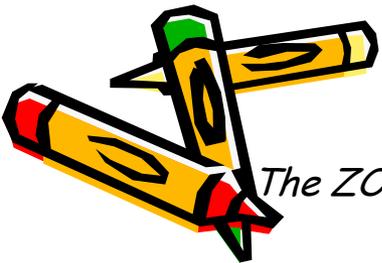
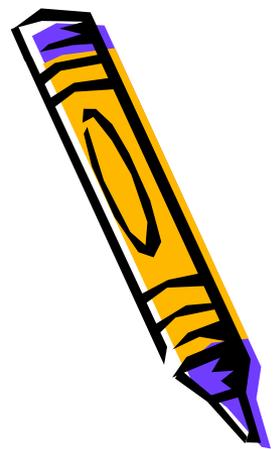


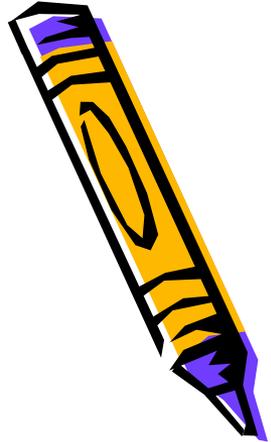
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Emotions

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

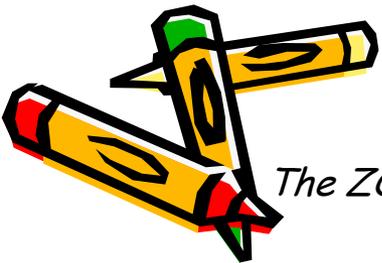
This is the word we use for all the different ways we feel throughout the day.



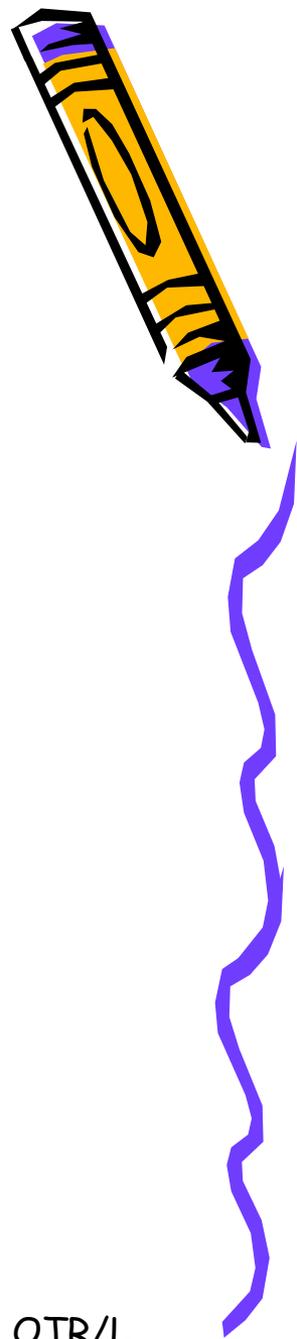


SELF-REGULATE

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...



THE GREEN ZONE

I am:

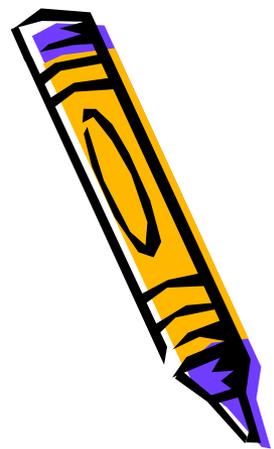
Happy

Calm

Feeling OK

Focused

Ready to Learn



THE BLUE ZONE

I am:

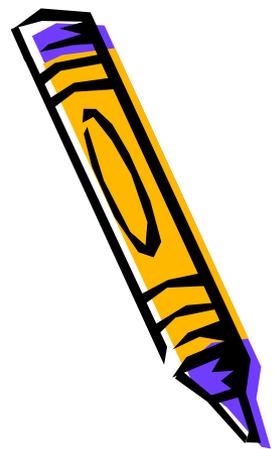
Sad

Sick

Tired

Bored

Moving Slowly



THE YELLOW ZONE

I am:

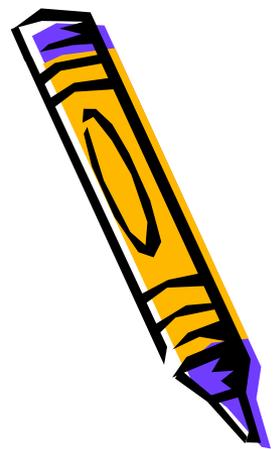
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



THE RED ZONE

I am:

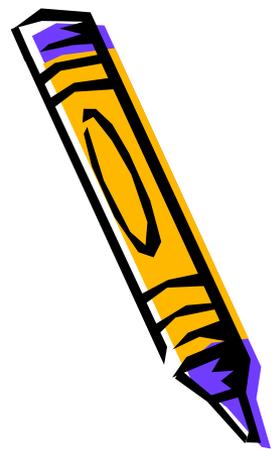
Mad

Angry

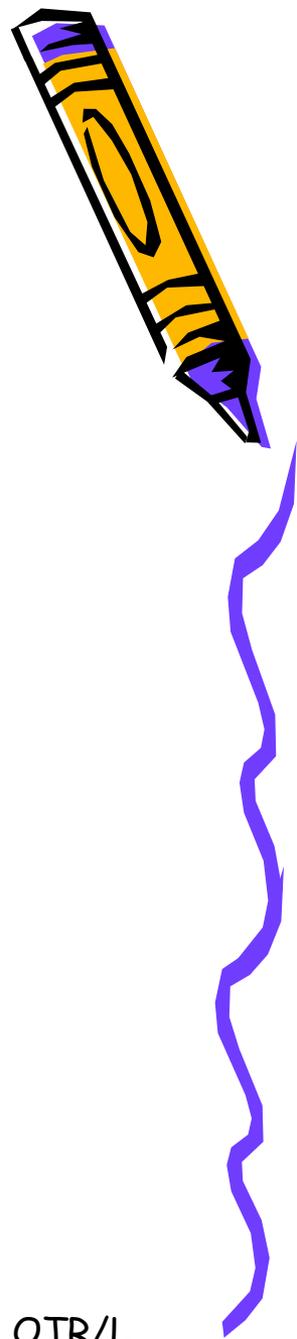
Scared

Elated

Out of Control



Zones Across the Day



The ZONES of Regulation® Reproducible N

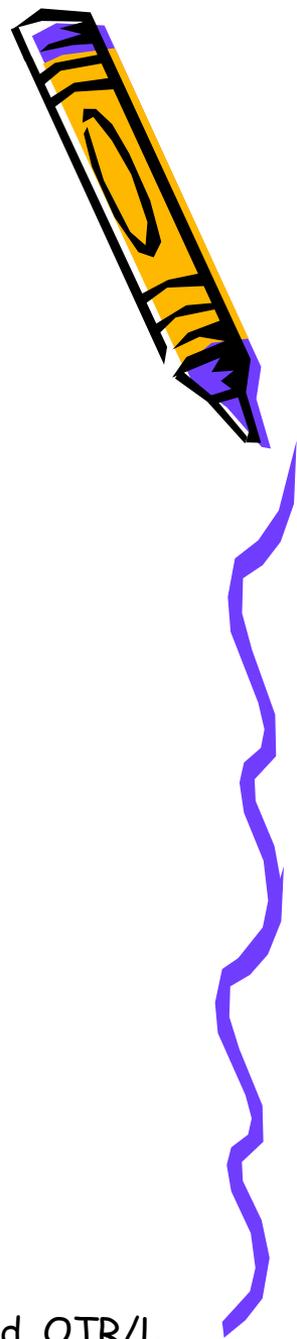
_____ 's **ZONES** Across the Day: _____

RED																			
YELLOW																			
GREEN																			
BLUE																			

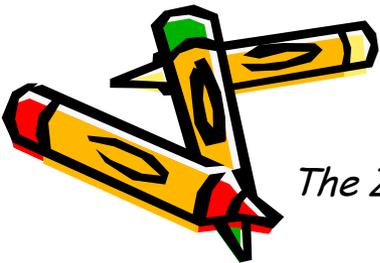


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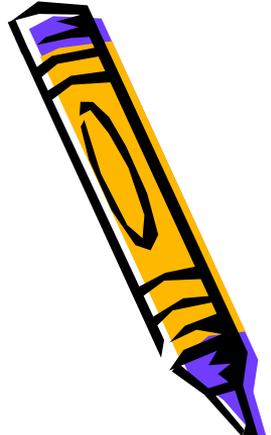
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Which **Z**one do you think
is the BAD **Z**one?



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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®

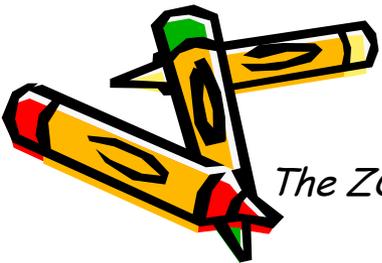
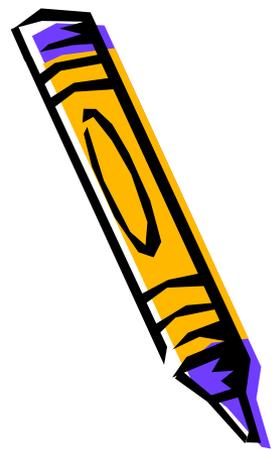
Blue Zone	Green Zone	Yellow Zone	Red Zone
<p>BLUE ZONE</p>	<p>GREEN ZONE</p>	<p>YELLOW ZONE</p>	<p>RED ZONE</p>
Blue Zone Tools Stretch _____ _____ _____ _____ _____	Green Zone Tools Drink water _____ _____ _____ _____ _____	Yellow Zone Tools Deep breaths _____ _____ _____ _____ _____	Red Zone Tools Take a break _____ _____ _____ _____ _____

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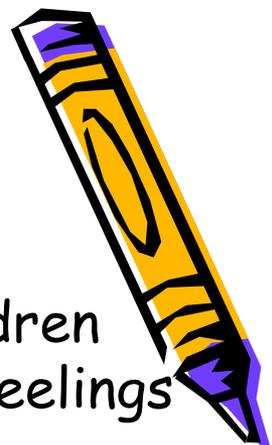
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Strategies for the RED Zone



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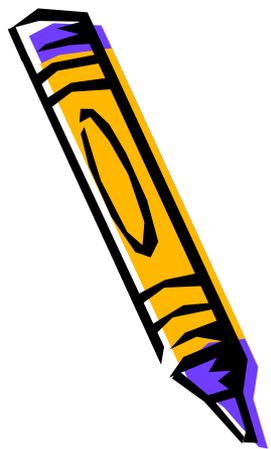
Differentiate Between Feelings and Behavior



- 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



Kimochis
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



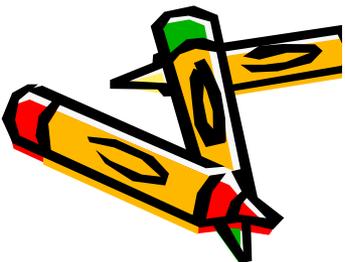
SCARED



KIND

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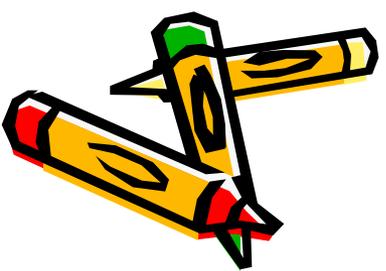
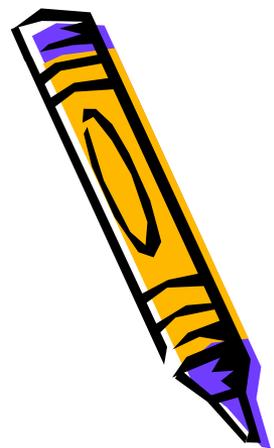
FREE CD WITH BLANK SCALES

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

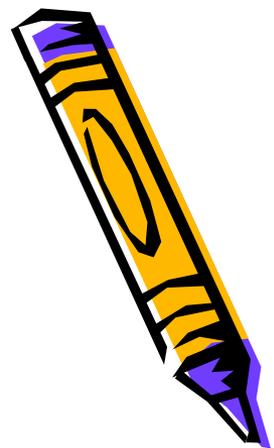
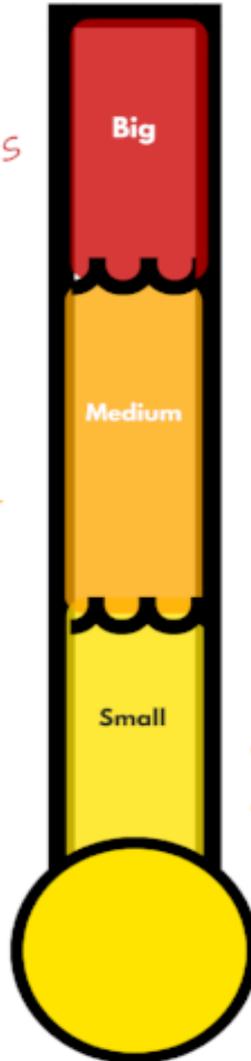
- Sigh loudly
- Growl

What I can do

- Take a break
- Shred paper

- Exercise
- Take deep breaths

- Get a drink of water
- Squeeze play dough

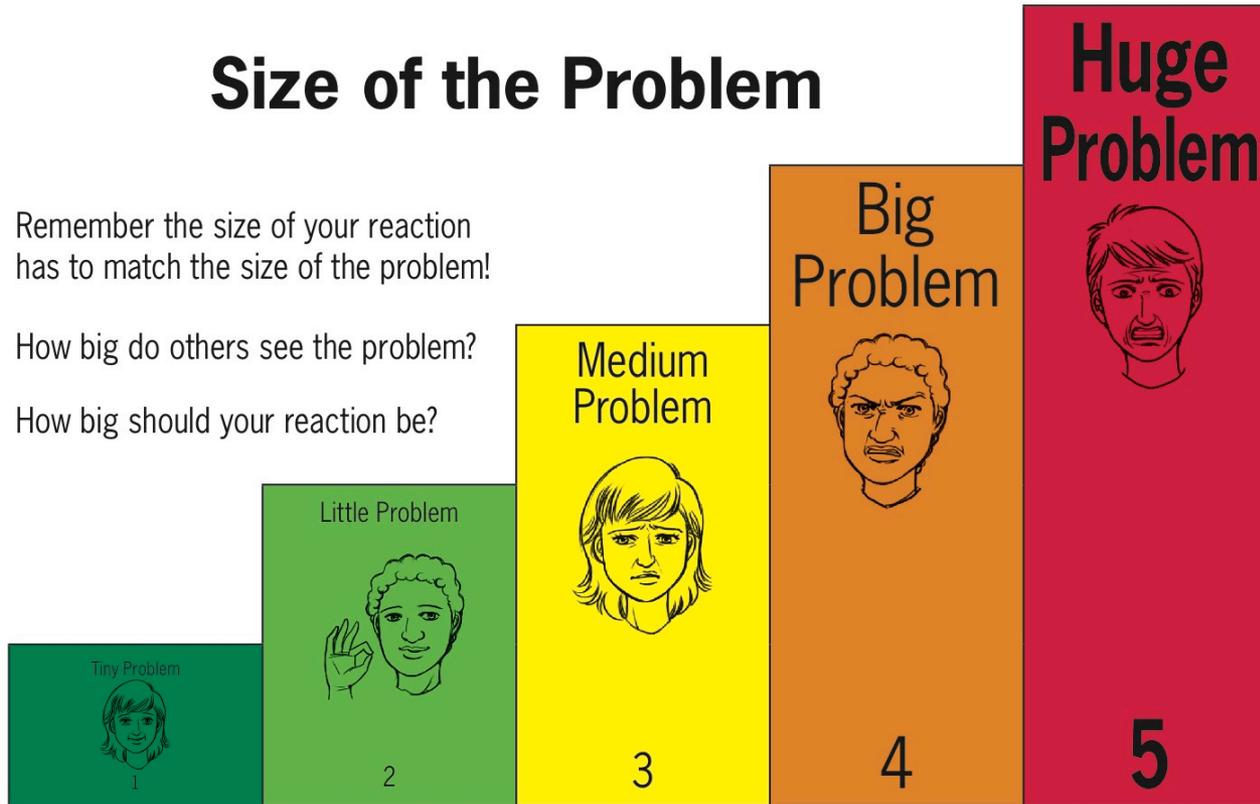


Size of the Problem

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

How big do others see the problem?

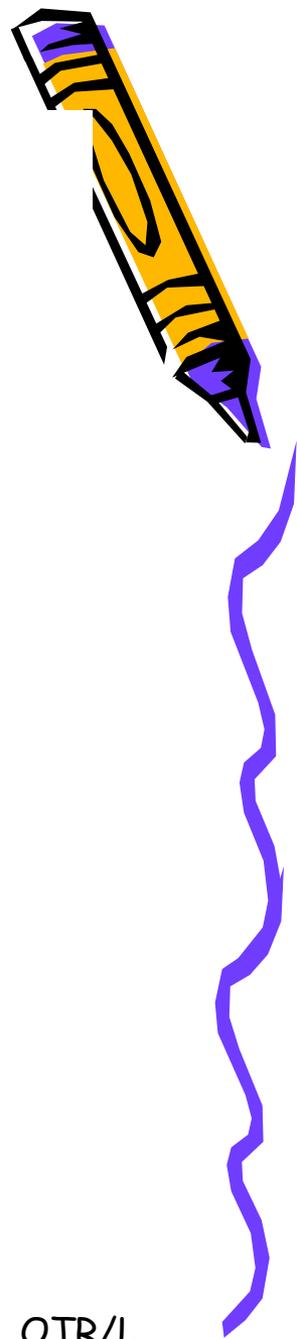
How big should your reaction be?



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

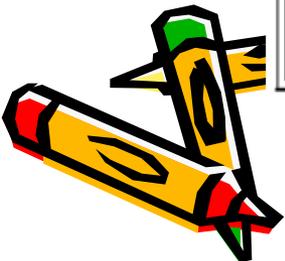
Clench my jaw

Feel like throwing up

Blurry vision

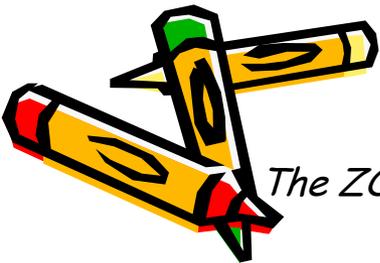
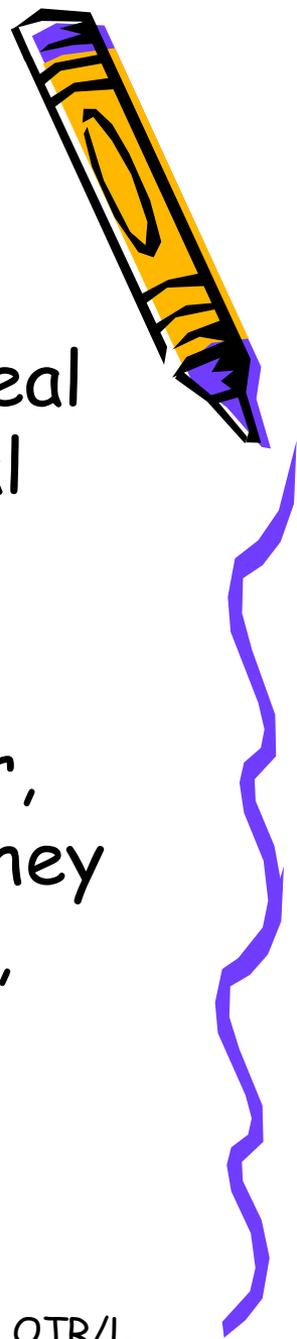


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Model Appropriate Anger Management Skills

- 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 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

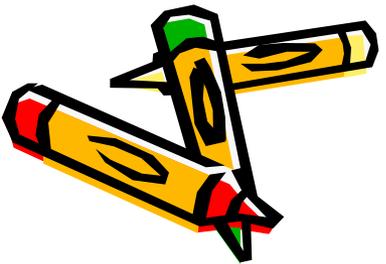
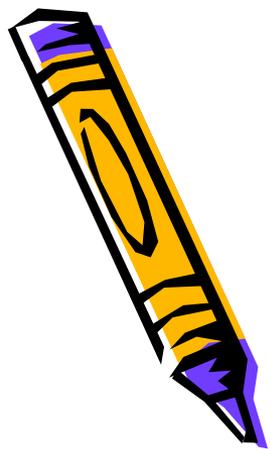
Coping Strategies

Date: _____

COPING STRATEGIES

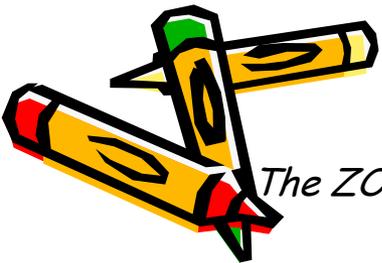
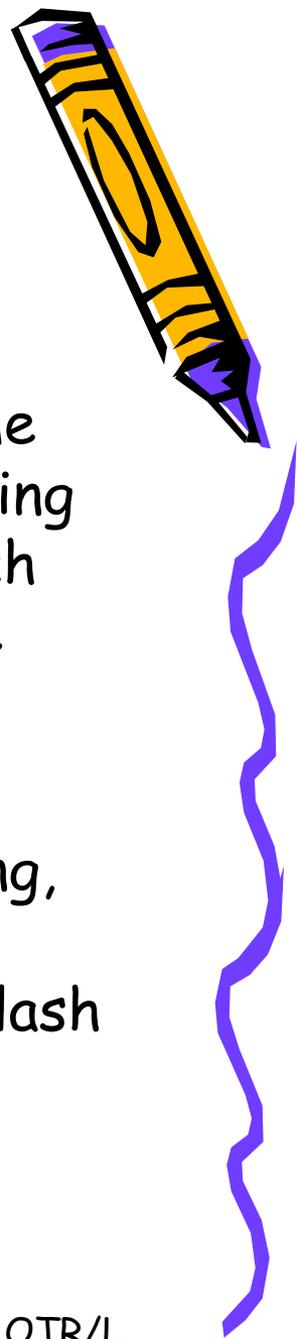
EXAMPLES OF COPING STRATEGIES:

deep breaths	32. Meditate
positive activity	33. Use stress balls
ports	34. Listen to music
if something funny	35. Laugh
quick walk	36. Listen to pictures of your favorite things
yoga	37. Make a gratitude list
and stretch	38. Write a letter to someone you love
music	39. Listen to your favorite music
me out	40. Give someone a compliment
unt to ten	41. Put away your toys
ve self-talk	42. Do something you love
hing kind to yourself	43. Draw something
riend	44. Play with clay
adult	45. Hug a stuffed animal
eyes and relax	46. Rip paper into pieces
to this"	47. Play an instrument
r favorite place	48. Watch a good movie
ething happy	49. Take pictures
f you love	50. Garden
meone you love	51. Write a list
ep	52. Keep a positive attitude
snack	53. Schedule time for yourself
ok	54. Blow bubbles
	55. Write a positive note
	56. Chew gum
	57. Paint your nails
	58. Write a story
	59. ...
	60. ...
	61. ...
	62. ...
	63. ...
	64. ...
	65. Write a thank you note
	66. Count to 100
	67. Make a list for the future
	68. Read inspirational quotes
	69. Compliment yourself
	70. Visualize a stop sign
	71. Laugh
	72. Smile in the mirror
	73. Smile at others
	74. Do schoolwork
	75. Look at animal pictures
	76. Hyperfocus on an object
	77. Notice 5 things you can see
	78. Paint with water colors
	79. Use a relaxation app
	80. ...
	81. ...
	82. Plan a day
	83. ...
	84. Use stress management techniques
	85. Identify your emotions
	86. Express your feelings
	87. Write down your thoughts
	88. Identify a positive thought
	89. Make your days special
	90. List 10 positives about yourself
	91. Ask yourself, "What am I grateful for?"
	92. Tell someone you are proud of them
	93. Pet an animal
	94. Make a list of choices
	95. Ask an adult for help
	96. Organize something
	97. Play a card game
	98. 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



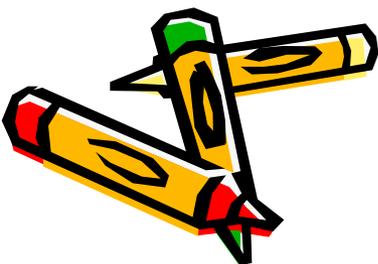
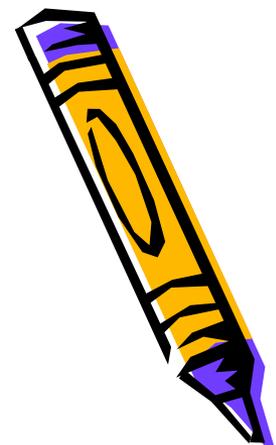
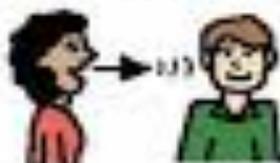
*Don't hurt yourself



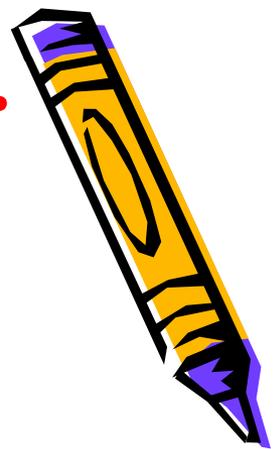
*Don't hurt property



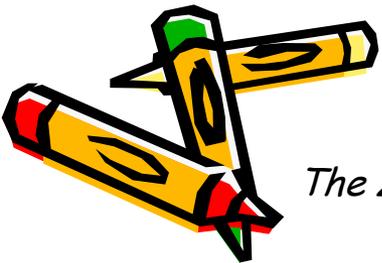
Talk about how you feel...



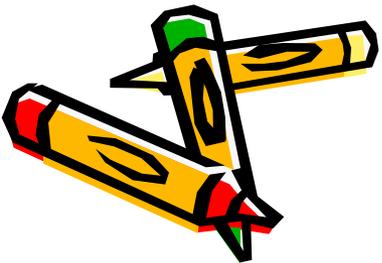
Create a calm, safe spot in your home



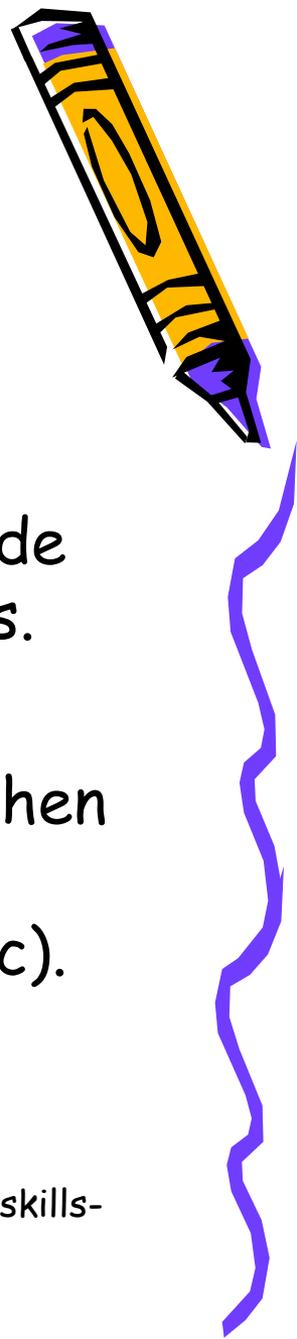
- When some kids get big feelings, they destroy items around them - rip books, throw toys, etc. If that's the case for your child, it may be helpful for you to set up a safe spot where your child can go when they are angry. In that space, take everything out that can be destroyed or thrown that might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



Calm down spot/tool box



Teach Healthy Coping Skills



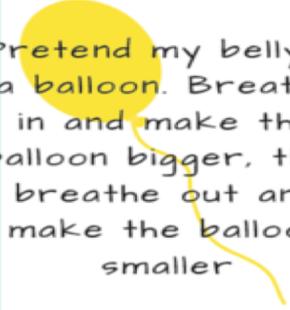
- Kids need to know appropriate ways to deal with their anger.
- Create coping skills during a calm time and provide options. Have your child be a part of the process.
- Create a calm down kit that your child can use when feeling upset. (for example: a coloring book and crayons, squishies, fidgets, lotion,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

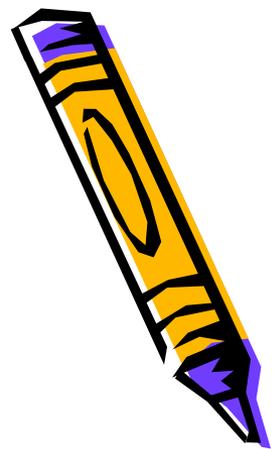


Ready to Use Coping Skills Cue Cards

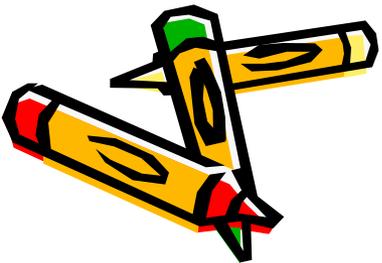
Calming Set

33 Ready to Use Cards

When I feel _____ I can...	When I feel _____ I can...	When I feel _____ I can...
take a deep breath using a pinwheel 	imagine my favorite place what do I see? hear? feel? smell? 	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.

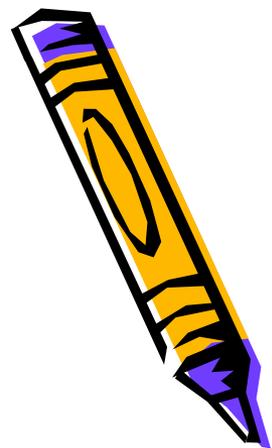
7 DO A BODY SCAN.

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



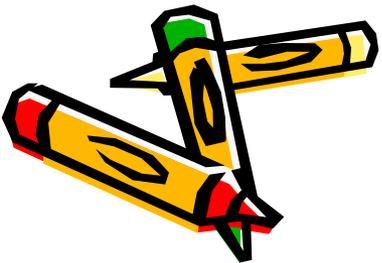
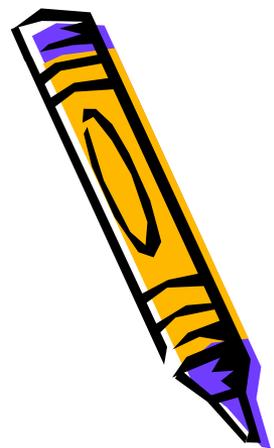
8 ASK FOR A HUG.

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



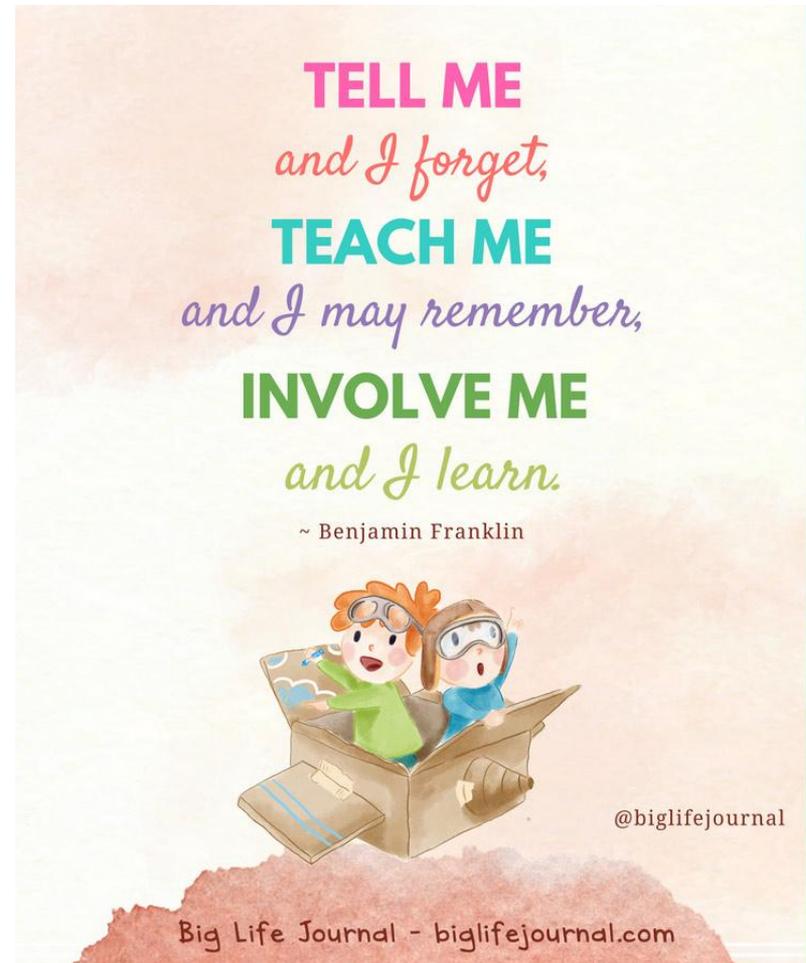
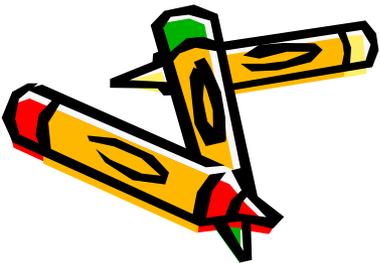
ANGER MANAGEMENT

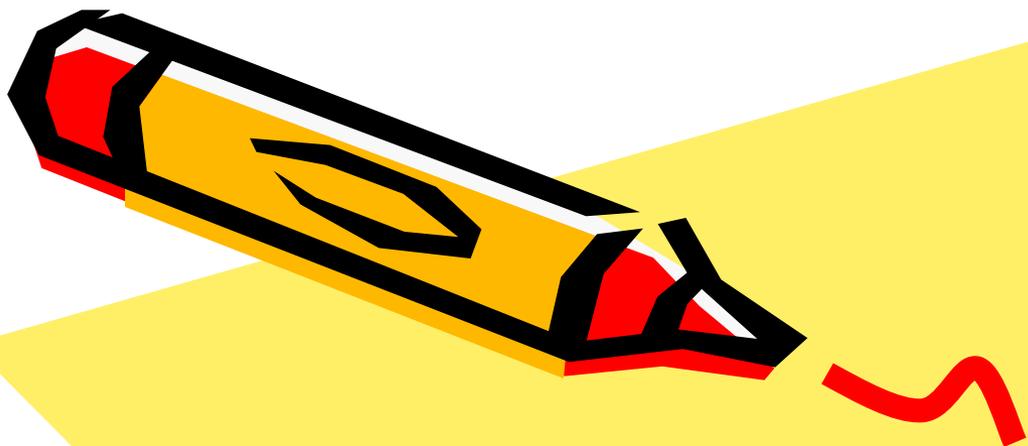
23 CALMING STRATEGY CARDS



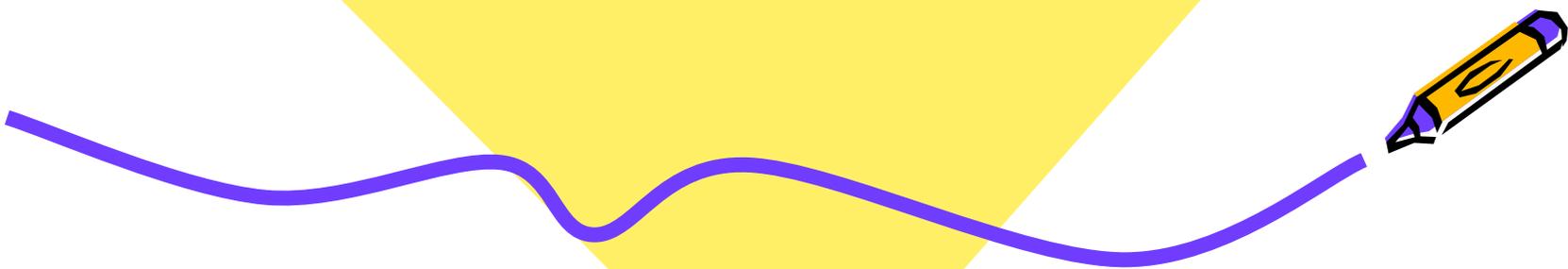
Praise and Problem Solve

- 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.

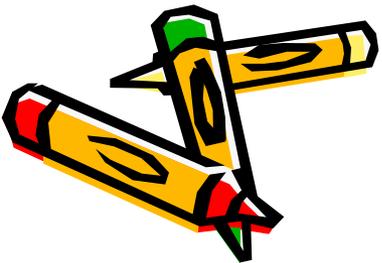
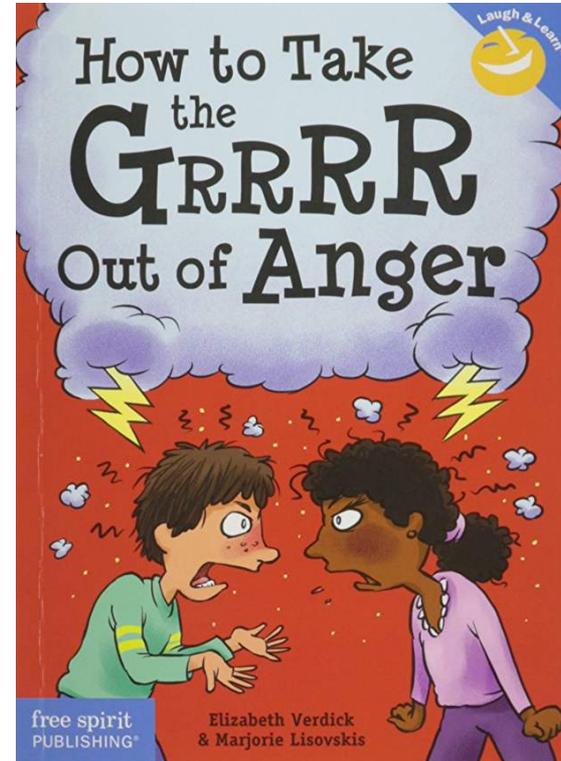
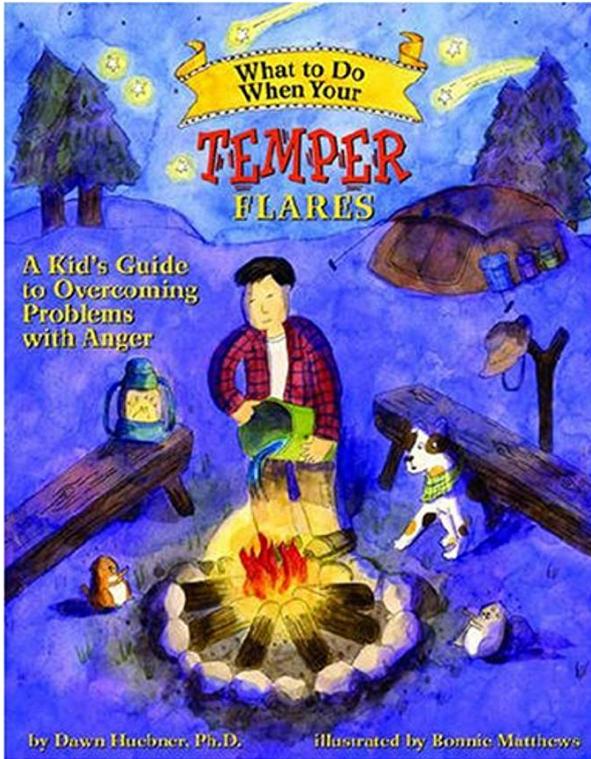
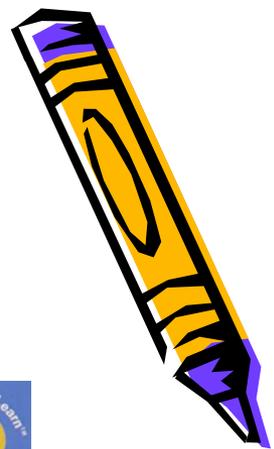




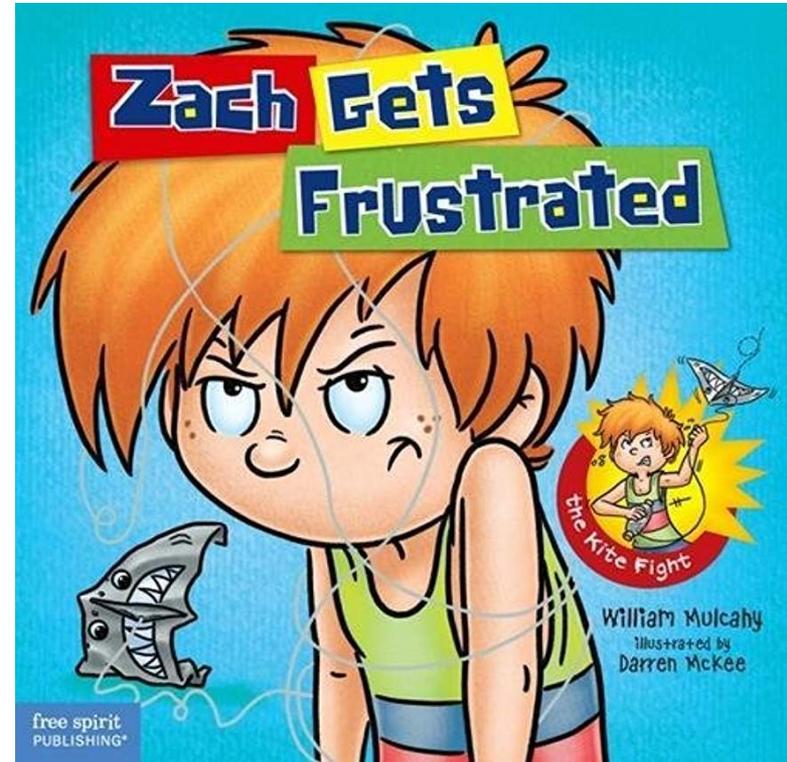
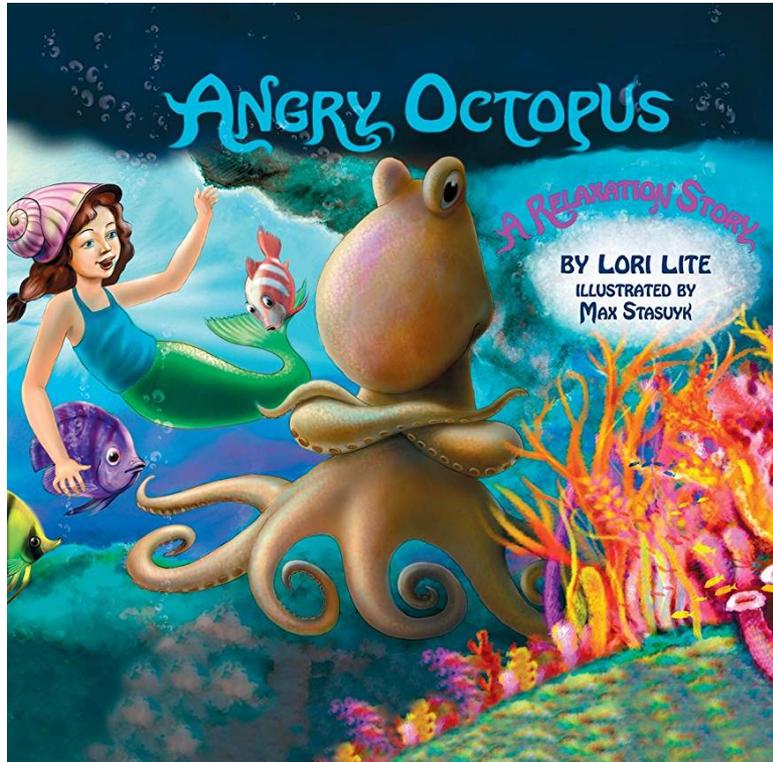
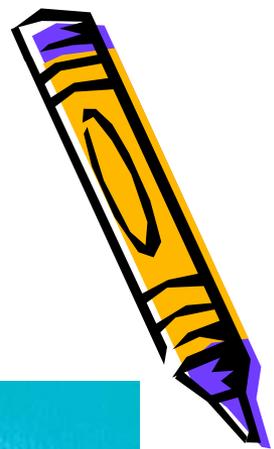
Resources



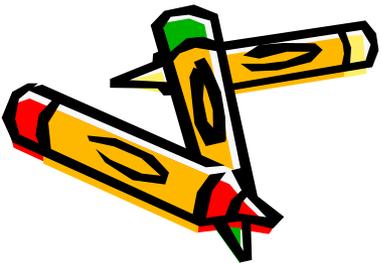
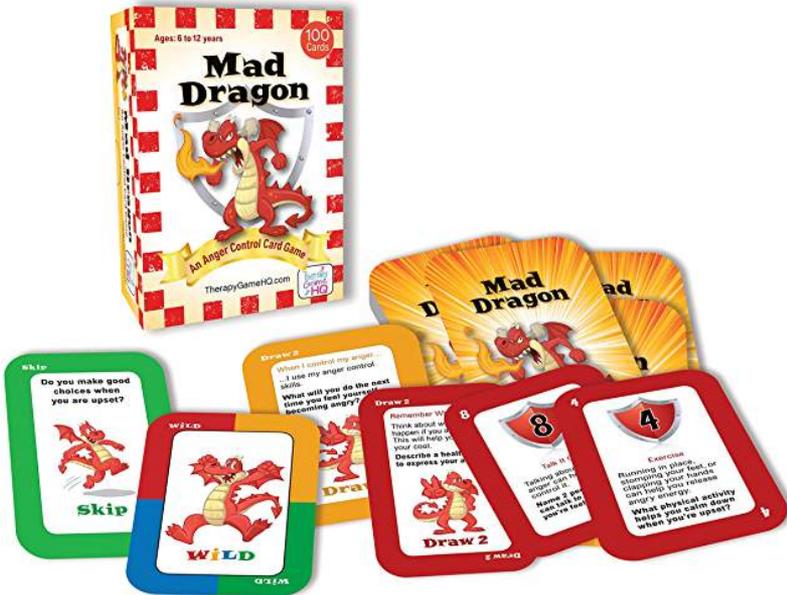
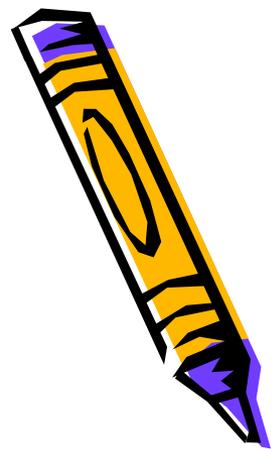
Workbooks (upper elementary)

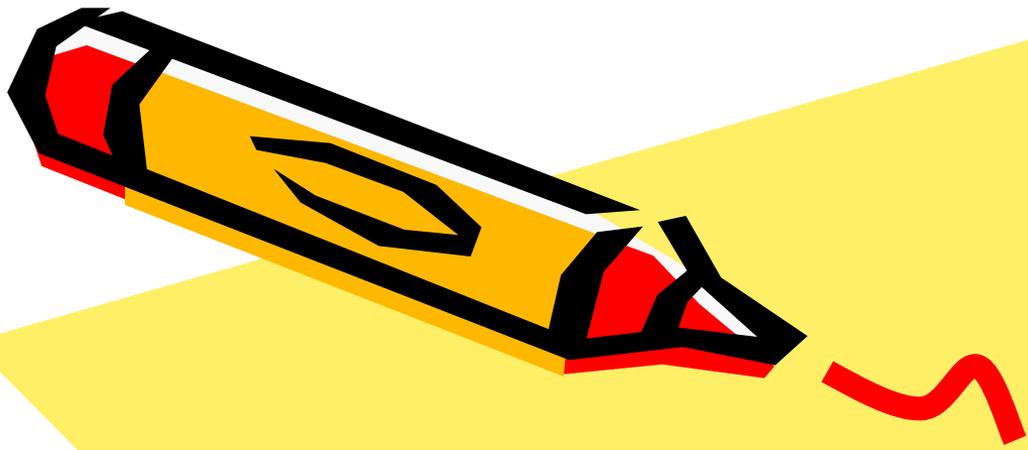


Picture Books (lower elementary)



Games





Comments and Questions

