

THE ZONES OF REGULATION®

What are the Zones of Regulation?

The Zones is used to teach self-regulation by labeling all the different ways we feel and states of alertness we experience into four zones.

The Zones curriculum provides strategies to teach students to become more aware of their emotions, improve controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

The Four Zones

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

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. Being in the Green Zone will help students be successful in the classroom.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some 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 **Red Zone** is used to describe extremely heightened states of alertness and intense emotions.

A person may be elated or experiencing **anger, rage, explosive behavior, devastation, or terror** when in the Red Zone. A person is described as **“out of control”** if in the Red Zone.