

What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?




What do you do
when your body
feels hot?




This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

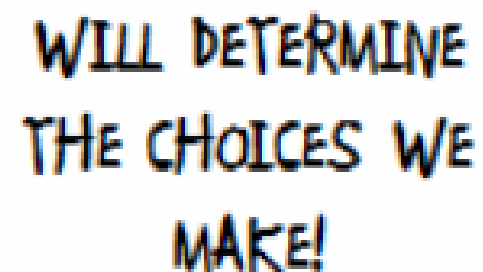
You can also regulate your thinking and your feelings too.



What we THINK
is how we....



FEEL! How we
FEEL.....






WILL DETERMINE
THE CHOICES WE
MAKE!

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain
and body feel?



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>

All zones are OK! All feelings are OK!

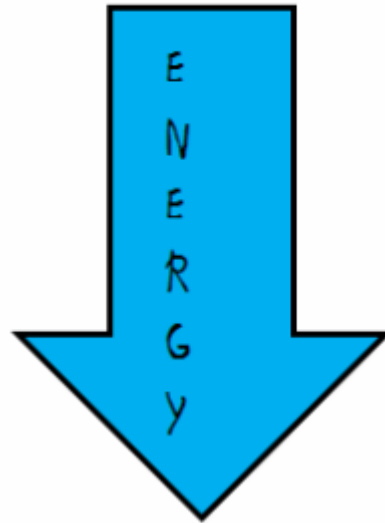
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is an unexpected zone to be in for learning.

How does my body feel?



How does my brain feel?

REST
AREA



Tired



Hurt



BLUE ZONE FEELINGS

Sad



Lonely



Bored



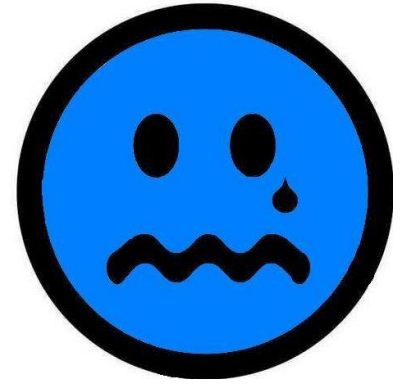
Sick



Sleepy



Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

The **green** zone.....the learning zone!!
We are expected to be in the **Green** Zone while
we are learning. It is when our brains and
bodies are relaxed and focused!

How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

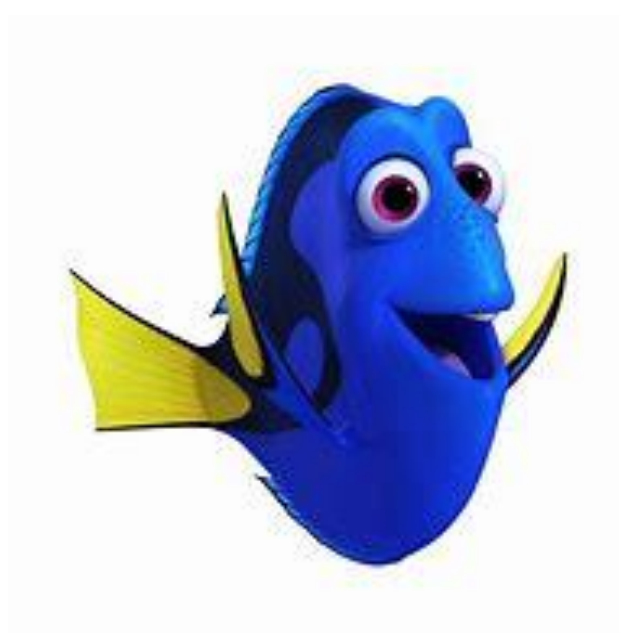
Happy



Focused

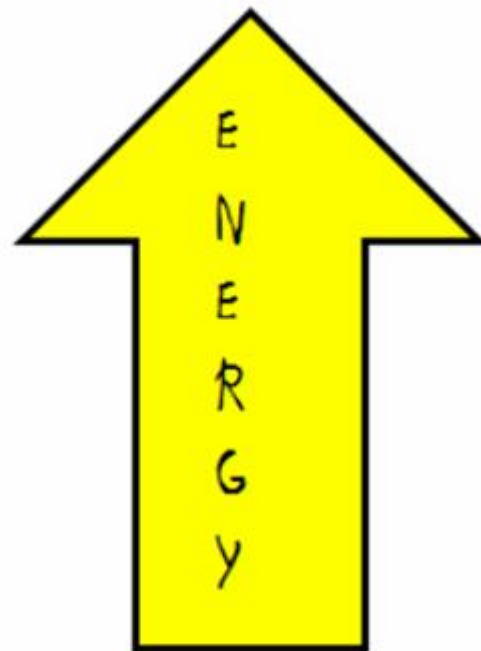
Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAx2J8>



The **Yellow** Zone.....during play time,
lunch time and even at the end of the day,
it's expected for us to be in the **YELLOW**
ZONE!!

How does my body feel?



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

Elf in the yellow zone

https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m



The **Red** Zone....when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!

How does my body feel?

OUT
OF
CONTROL

I NEED TO:



STAY CALM!
KEEP MYSELF
AND OTHERS
SAFE!



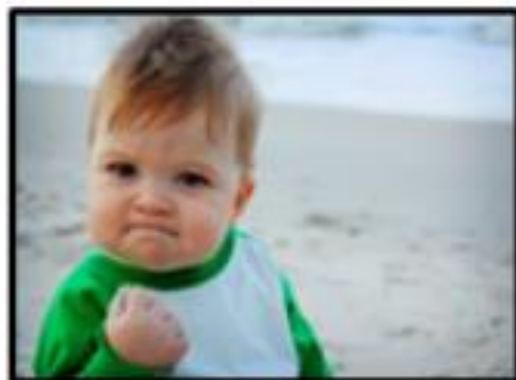
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>



When to talk about the zones

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick	Happy	Frustrated	Mad/Angry
Sad	Calm	Worried	Mean
Tired	Feeling Okay	Silly/Wiggly	Yelling/
Bored	Focused	Excited	Hitting
Moving Slowly	Ready to Learn	Loss of Some Control	Disgusted
			Out of Control

Ideas....

- Use characters from Inside Out to teach the zones

<https://youtu.be/L0e-oMZi000>



- Use the incredibles - Ask students to identify the different zones in this scene from *The Incredibles*

• <https://youtu.be/reTz59nkhBw>



Resources



INSIDE OUT

- <https://www.youtube.com/watch?v=L0e-oMZi000>
- Mr J's Kindertube
<https://www.youtube.com/watch?v=7a9RoxglCEs&t=42s>

How to use the programme

Stage 1:

- The first stage in teaching the zone is looking at other people and how they are feeling.



Activity Ideas

- Have lots of different pictures of the facial emotions and the pupils could then sort them into the correct zone. For example, you could put all the the Blues emotions yellow ones.
- You could role play specific scenarios and try to guess what zone those people might be in or you can use video clips.
- You could use children's films things like Kung Fu panda or Inside Out. You could look at different situations and then explore which zone they are in.

How to use the programme

Stage 2:

- Look at feelings in yourself:



Activity Ideas

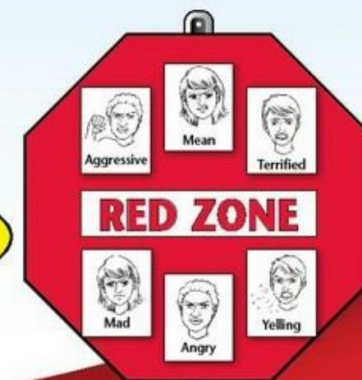
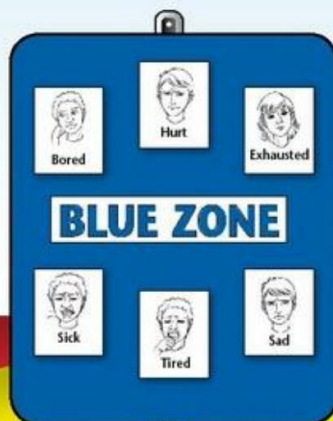
- You could make a book where you've got different colours, coloured pages or posters up on the wall and you add to it so when things happen after the event.
- The person could draw a comic strip about what happened and add a bank of emotions.
- With older pupils, they could use a thesaurus and look up synonyms for words, adding to a vocab bank and it then links with literacy skills as well but it develops their understanding of different emotions.
- They could have a zones diary where they're checking in regularly and the idea is that the adults are also checking in.
- They could draw out the scenario and how that might have made them feel and they could add in speech bubbles and thought bubbles and then look at the zone they were in.

Toolkit



We can use strategies, or TOOLS to help us get to the GREEN zone. Lets explore some tools we can use if we are in the YELLOW zone or the RED zone

THE ZONES OF REGULATION®



Blue Zone Tools

Stretch

Green Zone Tools

Drink water

Yellow Zone Tools

Deep breaths

Red Zone Tools

Take a break



Blue Zone

Tools: Rest Stop

- Take a break.
- Think happy thoughts.
- Talk about your feelings.
- Ask for a hug.
- Draw a picture



Green Zone

Tools: Go Time

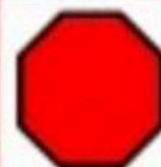
- Complete your work.
- Listen to the teacher.
- Remember your daily goal.
- Think happy thoughts.
- Help others.



Yellow Zone

Tools: Slow Down

- Take a break.
- Talk to the teacher.
- Squeeze my stress ball.
- Go for a walk.
- Take three deep breaths.



Red Zone

Tools: Stop

- Take a break.
- Squeeze my stress ball.
- Take three deep breaths.
- Count to ten.
- Talk about my problem.

Tools for Each of My **ZONES**

When I feel...

I can try...

<p>Tired or Sad</p> 	
<p>Calm or Happy</p> 	
<p>Frustrated or Silly</p> 	
<p>Angry or Mad</p> 	

Adapted for The Zones of Regulation® from the original work of Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com.