

Junior School Parent Presentation - Zones of Regulation



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified

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Wellbeing Framework

Visible Wellbeing

Designed by Professor Lea Waters, AM, PhD

Combines the science of wellbeing with the science of learning

Build a culture of wellbeing across the school



Wellbeing

Visible Wellbeing™ SEARCH Pathways

Strengths

Emotional management

Attention and Awareness

Relationships

Coping

Habits and Goals



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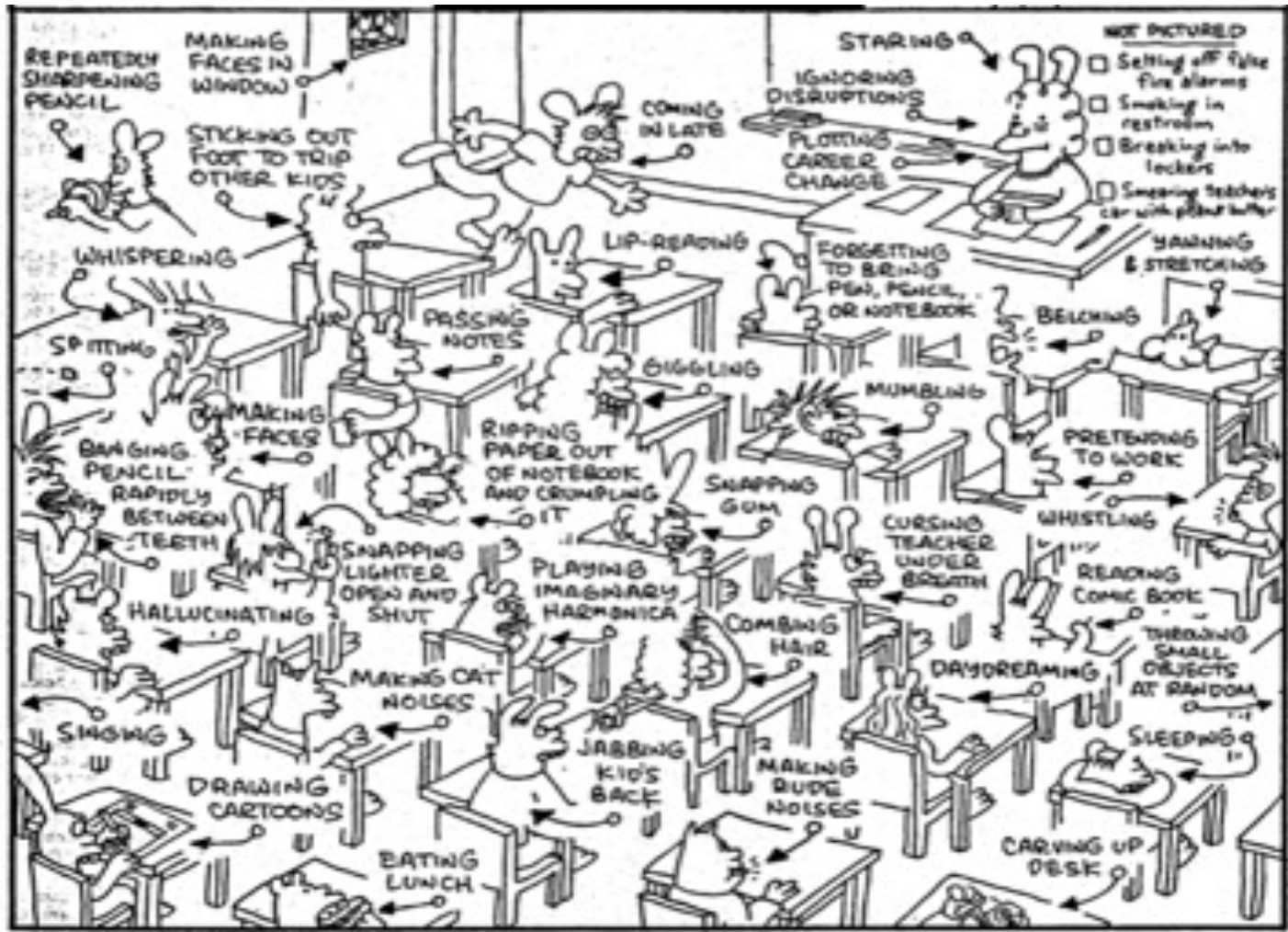
Emotional management

- Being present with your emotions and being able to identify, understand and manage your emotions (reduce negative emotions and increase positive emotions)





THE ZONES OF REGULATION





Why teach the Zones !



What is Self-Regulation

A persons ability to adjust their level of alertness and direct how emotions are revealed behaviorally in socially adaptive ways in order to achieve goals.

Encompasses:

- Self-control
 - Resiliency
 - Self-management
 - Emotions
 - Impulse control
 - Sensory regulation
-





Self-regulation and development

Developmental versus chronological age plus life
experiences



Self-regulation and Zones

- At its core, Zones is a program that focuses on self-regulation.
 - Self-regulation involves –
 - Ability to adjust level of alertness
 - Ability to achieve goals by managing behaviours in response to emotions in socially adaptive way.
 - Three integrated neurological processes –
 - Sensory processing
 - Executive functioning
 - Emotional regulation.
-



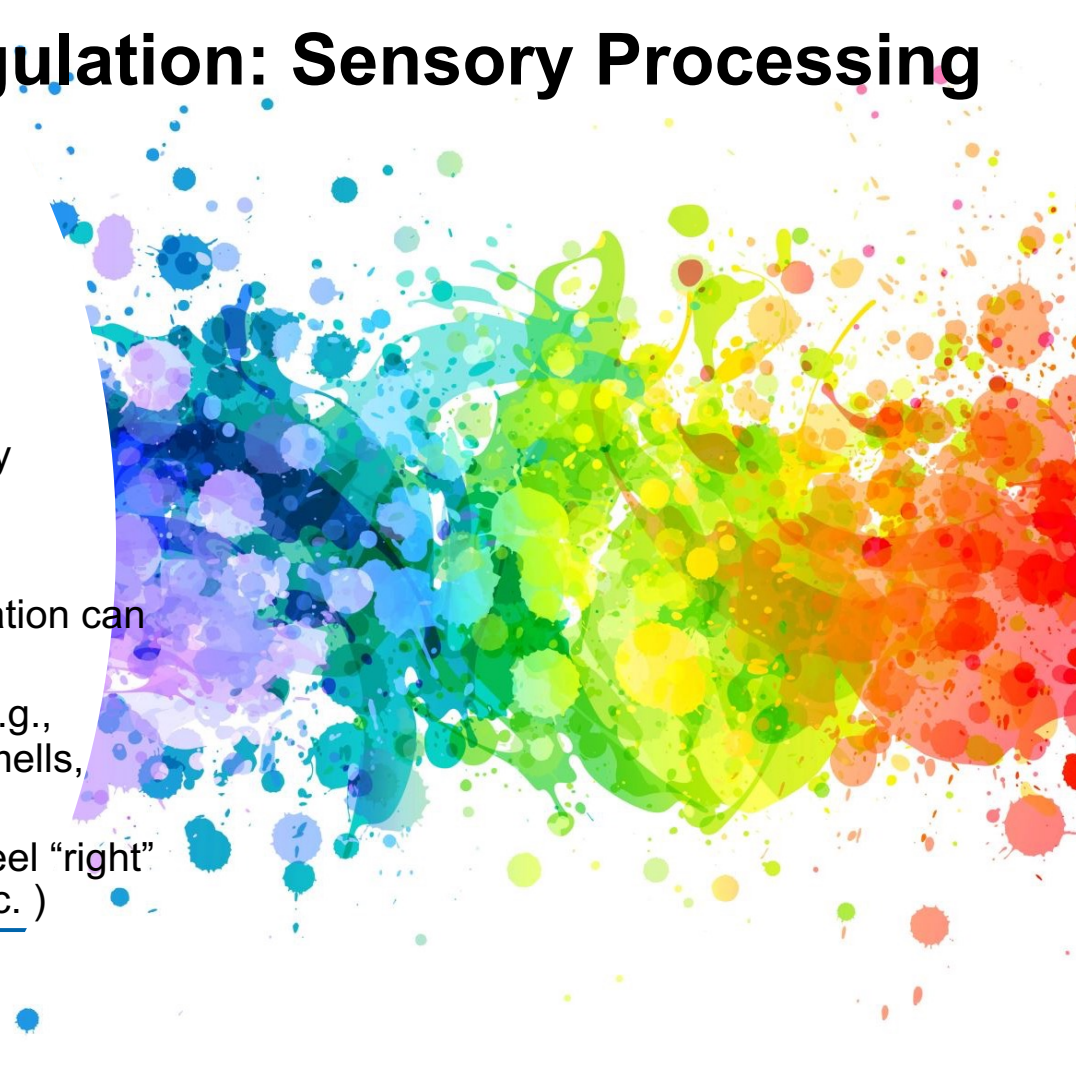
Components of Self-Regulation: Sensory Processing

What does it involve?

- Includes several integrated abilities:
 - Perceive and make sense of external stimuli/sensory information
 - Organize and integrate information to determine response
 - Manage quantity and quality of sensory information

Why does it matter?

- Difficulties in sensory processing and regulation can be related to different issues:
 - Difficulty filtering out external stimuli (e.g., hypersensitivity to sounds, textures, smells, etc.)
 - Requiring additional sensory input to feel “right” (e.g., needing pressure, movement, etc.)



Components of Self-Regulation: Executive Functioning

What does it involve?

Consciously controlling thoughts and actions

Similar to a command center for actions and mental operations

Some areas under this broad umbrella include attention shifting, working memory, planning, and inhibition

Why does it matter?

- Struggles in this area may relate to difficulties:
 - Listening and completing work
 - Engaging in self-talk
 - Considering multiple options
 - Organizing actions and materials
 - Controlling impulses



Components of Self-Regulation: Emotional Regulation

What does it involve?

Being able to control emotions and emotional reactions

Integrated process of managing emotional responses:

- Monitoring
- Evaluating
- Regulating intensity
- Considering context

Why does it matter?

- Difficulties may relate to:
 - Emotional outbursts
 - Prolonged or intense emotional responses
 - Struggle to manage reactions to setbacks, conflicts, and disappointments



The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control



Blue Zone



Looks like:

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



Sounds like:

- Crying
- Yawning
- "I'm sad."
- "I'm bored."
- sighs



Feels like:

- Slow motion
- No energy
- Empty bucket
- Boring



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Green Zone



Looks like:

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



Sounds like:

- Quiet listening
- People working
- Working voice levels
- Kind words



Feels like:

- Good
- Ready to learn
- Happy heart
- Full bucket



Yellow Zone



Looks like:

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



Sounds like:

- Loud voice levels
- Whining
- Unkind words
- Giggling and laughing
- Silly and goofy sounds



Feels like:

- Excited
- Frustrated
- Annoyed
- Not calm
- Fast heartbeat



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Red Zone



Looks like:

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



Sounds like:

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



Feels like:

- Out of control
- Need to be alone
- Not calm



How are ZONES useful?

- Everyone in your class can have the same vocabulary for recognising feelings
- Students gain awareness of themselves and others
- Students are given concrete visuals and examples for behaviour
- Help students gain awareness of his zones and feelings by pointing out your observations
- This creates a comfortable and supportive environment for the student to practice his self-regulation.
- Students develop a variety of coping skills and strategies



**There is no such thing
as a BAD ZONE !**



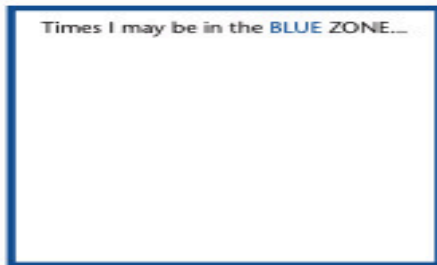
Name: _____

Which ZONE Would I Be In?

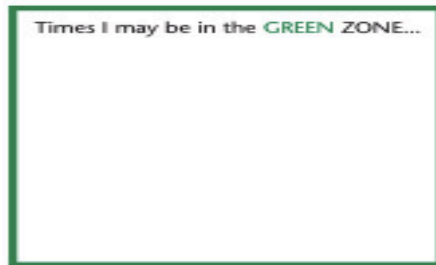
All of the Zone colors are okay. There are times when you will be in different Zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the BLUE ZONE...



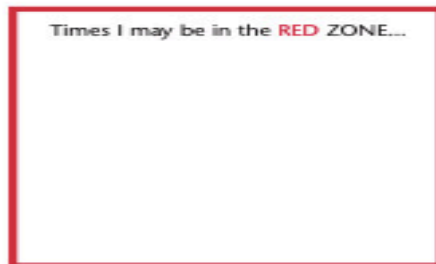
Times I may be in the GREEN ZONE...



Times I may be in the YELLOW ZONE...



Times I may be in the RED ZONE...



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Moving between the Zones

Blue – energize yourself↑

Example: jumping jacks, run an errand for the teacher

Green – use tools to stay Green→

Example: helpful thoughts, sit up

Yellow – catch yourself early↓

Example: deep breathing, positive self-talk

Red - feeling out of control – use tools ASAP↓

Example: remove yourself to a safe place, talk to someone you trust



How can you help your child use The Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child
- Talk about what tool you will use to be in the appropriate Zone
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in.
- Engage your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.



How can you help your child use The Zones of Regulation at home?

- Teach your child which tools they can use.
- Regular Check-ins. “How are you feeling now?” and “How can you get back to Green?”
- Modelling It is important to remember to show the children how you use tools to get back to the green zones. You might say “I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone” and afterwards tell your child how using those tools helped you get back to the green zone.




How can you help your child use The Zones of Regulation at home?

- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.




Common questions

A vibrant watercolor splash graphic that transitions from blue and purple on the left to green, yellow, and red on the right. A white arrow shape is overlaid on the splash, pointing from left to right.

Can my child be in more than one zone at the same time ?




Common questions



Should children be punished
for being in the RED Zone ?



Common questions



Can you look like one Zone on the outside and feel like you are in another Zone on the inside ?



Zones of Regulation

Recognising Emotions

T2 W1 Zones of Regulation

Wednesday, 26 April 2023 10:55 am

Insert emojis that represent how you might feel in each zone.

 <p>BLUE ZONE</p>	 <p>YELLOW ZONE</p>	 <p>GREEN ZONE</p>	 <p>RED ZONE</p>
			

Zones of Regulations

Blue	Green	Yellow	Red
			
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive
			



Zones of Regulation

Recognising Self-regulation strategies

This is a notification to indicate that a My Actions entry has been created for [REDACTED]

Created

by:

Type:

Date

occurred:

Categories:

Details:

Merit

Tue 09/05/2023, 17:03 PM

Truth

Congratulations on your efforts today to use your self-regulation strategies to help move your body from the Yellow Zone into the Green Zone. You actively communicated that you were finding it challenging to self-regulate and chose appropriate strategies to help calm your body and let you focus on your learning. I could see a clear difference in your focus. Well done! You should feel very proud.



More Information



Where can I find out more about the Zones of Regulation?

www.zonesofregulation.com

www.weareteachers.com/zones-of-regulation-activities

<https://www.theottoolbox.com/?s=zones+of+regulation>

<https://hes-extraordinary.com/the-zones-of-regulation>



NEW emotion imagery included!

THE ZONES OF REGULATION™

A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL

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

Foreword by
Michelle K.

251
pages

Ready-to-print
reproducibles
on USB drive



Thank you!





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