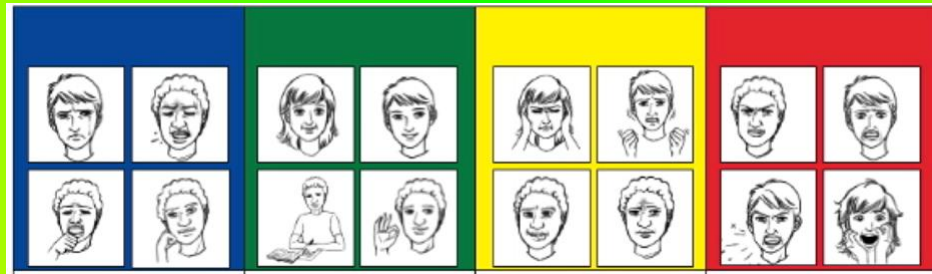


Zones of Regulation

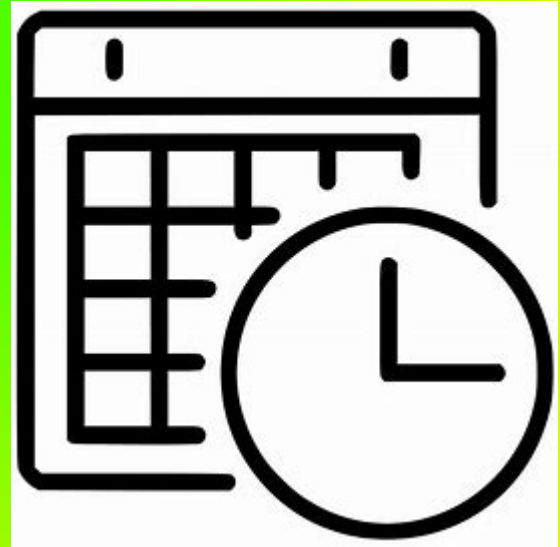
"Emotional learning is not a quick or easy lesson. But practise makes it better. The more practise young children get, the better they will be able to express their emotions and control their behaviour."



Thursday 29th June 2023
Miss Newson

Agenda

- 9:00 -9:05 - Welcome
- 9:05-9:10 - Introduction and self regulation
- 9:15-9:25 - Green zone
- 9:25-9:35 - Blue zone
- 9:35-9:45 - Yellow zone
- 9:45-9:55 -Red zone
- 9:55 - 10:00 - Questions



What are the zones of regulation?

- The zones of regulation are lessons and activities designed by Leah Kuypers who is a licensed occupational therapist
- It focuses on states of alertness (emotions and body)
- There is a certain state of alertness that is appropriate for each activity e.g. a higher state of alertness is appropriate for a netball game but you would not want to same state of alertness when visiting the library
- The lessons and activities will help children recognise when they are in each of the zones
- They will also gain and use strategies that will help them change or stay in a particular zone



Benefits for children using the zones of regulation

- Be able to self-regulate
- Have an increased understanding of emotional terms and vocabulary
- Gain skills in reading other people's facial expressions
- Gain a perspective about how others see and react to their behaviour
- Have insight into events that trigger their behaviour
- Gain calming and alerting strategies
- Gain problem solving skills



What is self-regulation?

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



What would you do if you felt.....



hot?



unwell?



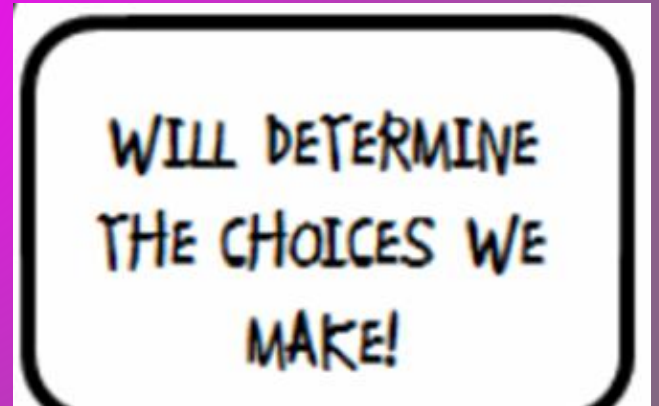
cold?



tired?

All the things we do to adjust our temperature or to make our body feel comfortable or safe is known as **SELF REGULATION**

We can also regulate our thinking and our feelings too



The first step to self-regulating is to identify the **sensations in our bodies** and being aware of what is happening inside our **brains**.

We also need to:

Monitor our sensations, emotions and actions.

Then **manage** what we do to change, stay or adjust the zone we are in.

There are **FOUR ZONES** that can help children do this.

All zones are OK! All feelings are OK! No judgement!

GREEN ZONE - The Learning Zone!

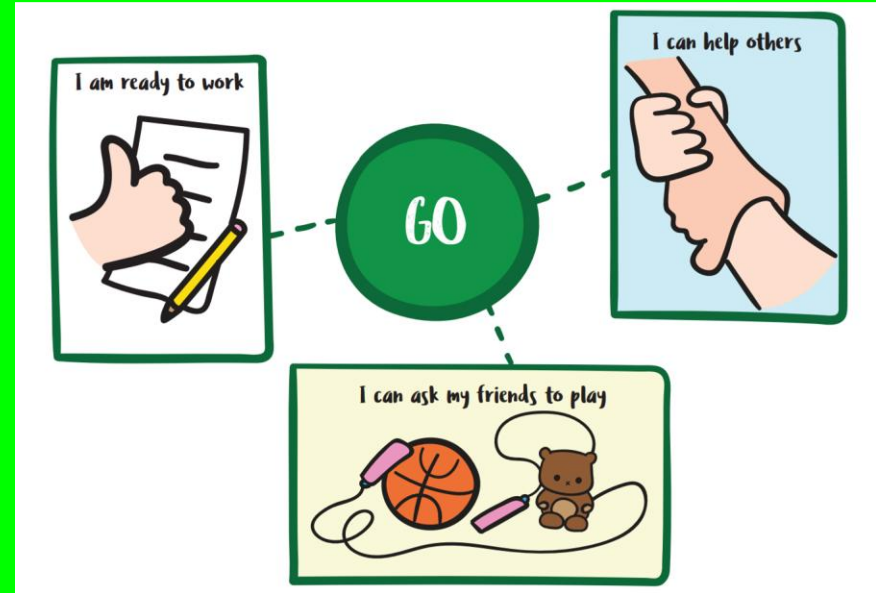


In the green zone, we feel happy!

Energy is just right!

My body and brain feels just right!

Not too high, not too low!



How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!

EXAMPLE: Nemo - just keeping swimming

GREEN ZONE



I AM:

- Happy
- Calm
- Focused
- Confident
- Ready to Learn

I CAN:

- Listen
- Learn
- Achieve

Green Zone



Calm



Happy



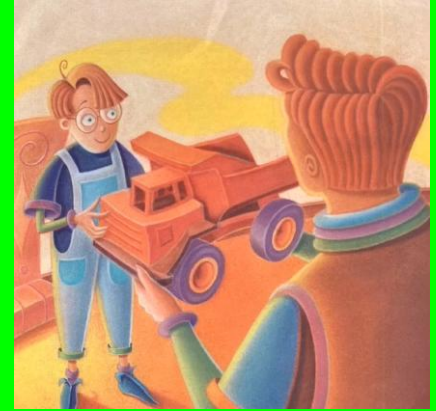
Proud



Focused

The Green Zone, like a green light, is when children are "good to go."

Odd One Out - Which picture is not in the green zone?



Bonus points:

Can you identify any sensations in the body or the brain?

Can you identify the emotion in each picture?

BLUE ZONE



What sensations might you feel in your body in these situations?



What might be happening inside children's brains?

distracted

day-dreaming

Foggy brain

negative thoughts

confused

Blue Zone



Tired



Bored



Sad



Sick

Difficulty listening

withdrawn

Difficulty focusing

Feeling distant

quieter than normal



Dropped shoulders



Head hurts



Heavy head



Heavy eyelids



Slumped body



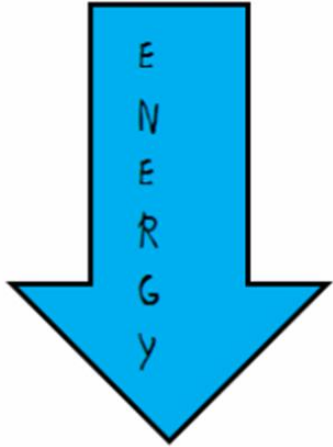
Low energy

Blue Zone

Blue zone is expected just before bed time
or when watching TV.
Energy is running slow
This is an unexpected zone for learning.



How does my body feel?



lonely



Sad or upset



tired



Down or depressed



Down or depressed



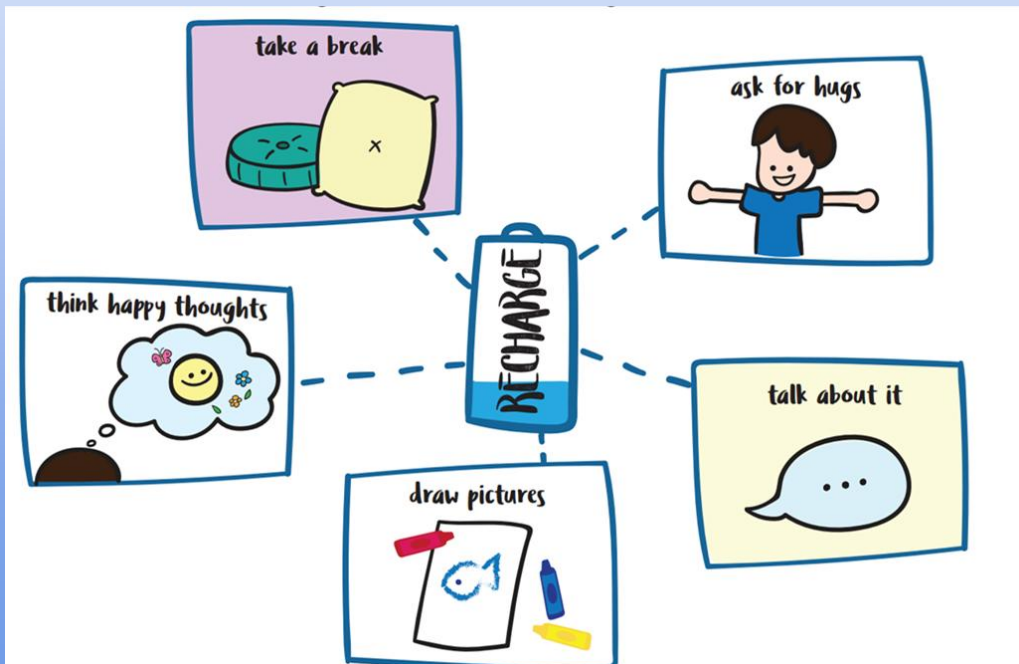
unwell

EXAMPLE -Riley from inside out -sad



Blue Zone Toolkit

The blue is like a rest stop where children can recharge their batteries. We need to increase our energy to get back to the green zone.



Drink some water

Talk to an adult

Take a walk

Pokémon MINDFUL Dragon Breaths

Shake Break!

Yellow Zone



Sensations in the body - YELLOW ZONE



Hands cover ears



More energy
restless



Expressive face



Tense muscles

Jittery, shaky or shivery



Eyes blank or
eyes shut



Open mouth

What is happening inside our minds when we are in the Yellow Zone?

stuck

panicked

Feeling
uneasy



Irritable

dizzy

headache

Cannot concentrate

Mind goes into overdrive

Focused on one thing or mind racing

Filled with dread

Repeating thoughts

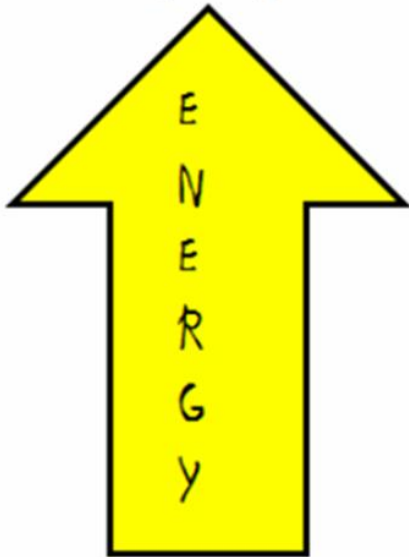


Yellow Zone

Energy is increasing in the yellow zone.

We are expecting children to be in the yellow zone at break times and at the end of the day.

How does my body feel?



overwhelmed



frustrated



silly



excited



anxious

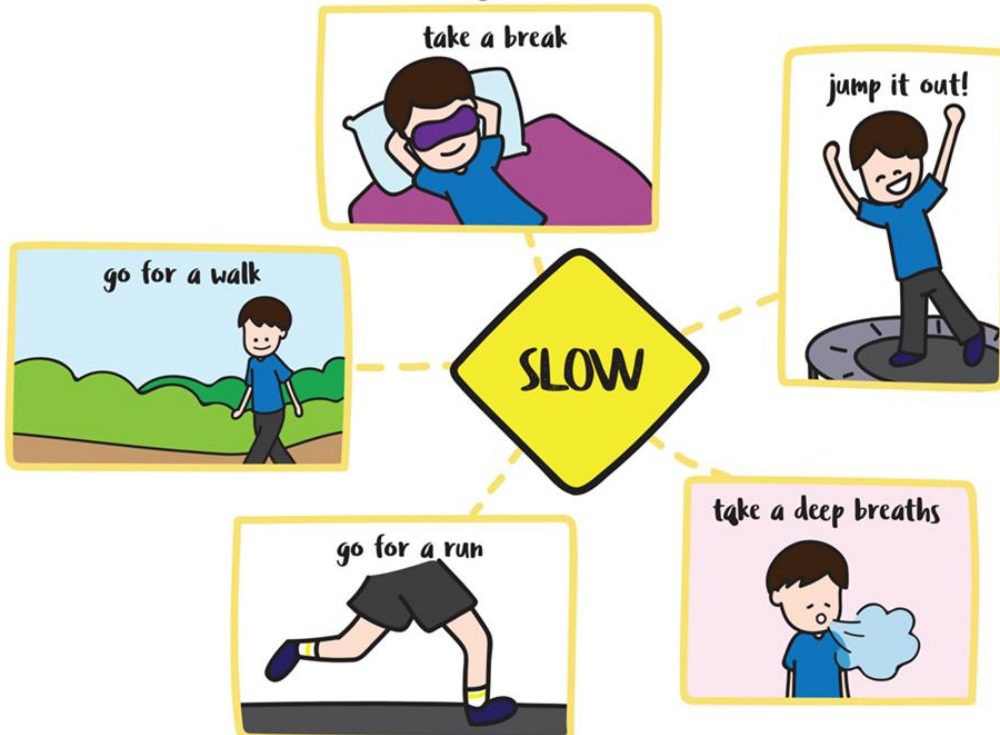


surprised

EXAMPLE: Elf walking through the streets of New York

Yellow Zone Toolkit

To get back to the green zone children need to slow down in order to bring their energy down.



- Talk to someone
- Draw a picture of the problem
- Take a time out
- Fidget toy

Rainbow Breathing



(Get your Rainbow Template from your teacher to colour in)

Place your finger at the bottom of the rainbow. Breathe in and trace the red (biggest) arc of the rainbow until you reach the top. When you reach the top, begin to breathe out and keep tracing. Repeat with each colour or until you feel calm.



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

Red Zone





Stomach starts spinning
Sweating
Feeling hotter



Wide, open mouth
Invasion of personal space



Energy out of control
Extra strength



Clenched fists
Locked positions



Holding head, covering ears



Body and muscles are tight
Body starts to shake

What is happening inside our minds when we are in

headache

the Red Zone?

Can't calm down



Extremely
heightened
state of
alertness

Swirling thoughts

Brain feel erratic

Nearly impossible to
focus



Red Zone

At school, the red zone is never expected. Children need to think about keeping themselves and others safe.



overjoyed/excited



terrified



Out of control



angry



mad



irritated

EXAMPLE: Anger from inside out

Red Zone Toolkit

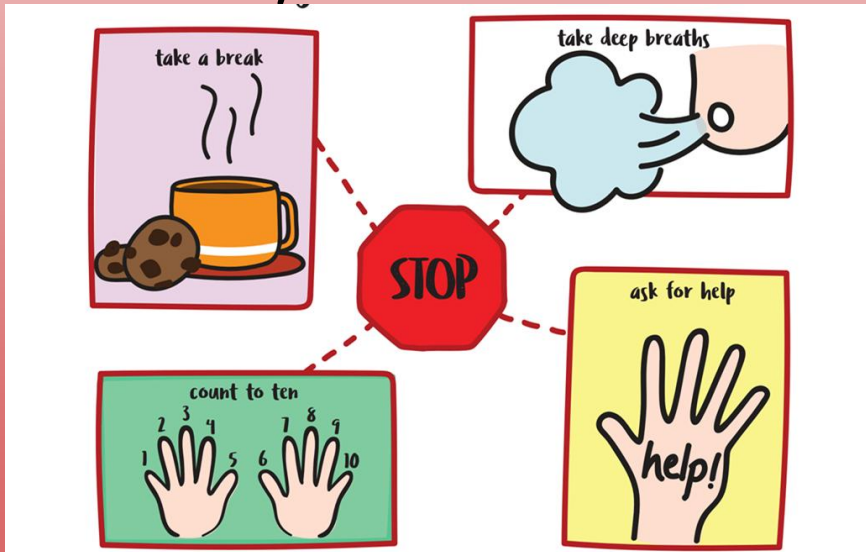
In the red zone, children's energy has increased too much and it is now out of control. Energy must be brought back down.



If children are in the red zone, they need to **STOP!**
RED MEAN STOP!



They need to calm down and get back to the green zone.



ANY QUESTIONS

