

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

Blue	Green	Yellow	Red
			
Sad Sick Tired Bored Moving slowly	Happy Calm Good to go Focused Ready to learn	Frustrated Worried Silly Anxious I need some help	Mad Angry Yelling / Hitting Out of control I need time and space

Zones of Regulation and Self Regulation Workshop



Why do we use Zones of Regulation?



To teach our pupils:

- How to identify their feelings as well as read others' facial expressions
- Understand how their behaviours can influence others' thoughts, feelings and behaviours
- How to regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their thoughts and emotions.
- This will help students both inside and outside of school e.g. managing exam stress, improving behaviour, resolving peer conflict, managing anxiety etc.

The ultimate goal is for independent regulation.



Zones of Regulation

Some feelings in the
BLUE ZONE



Bored



Hurt



Sick



Tired



Exhausted



Sad

Low levels of energy
and down feelings

Some feelings in the
GREEN ZONE



Calm



Happy



Okay



Focused



Proud



Relaxed

Calm energy and a
sense of control

Some feelings in the
YELLOW ZONE



Frustrated



Worried



Energetic



Silly



Excited



Annoyed

Higher energy and
stronger feelings

Some feelings in the
RED ZONE



Overjoyed



Wild



Angry



**Out of
Control**



Terrified

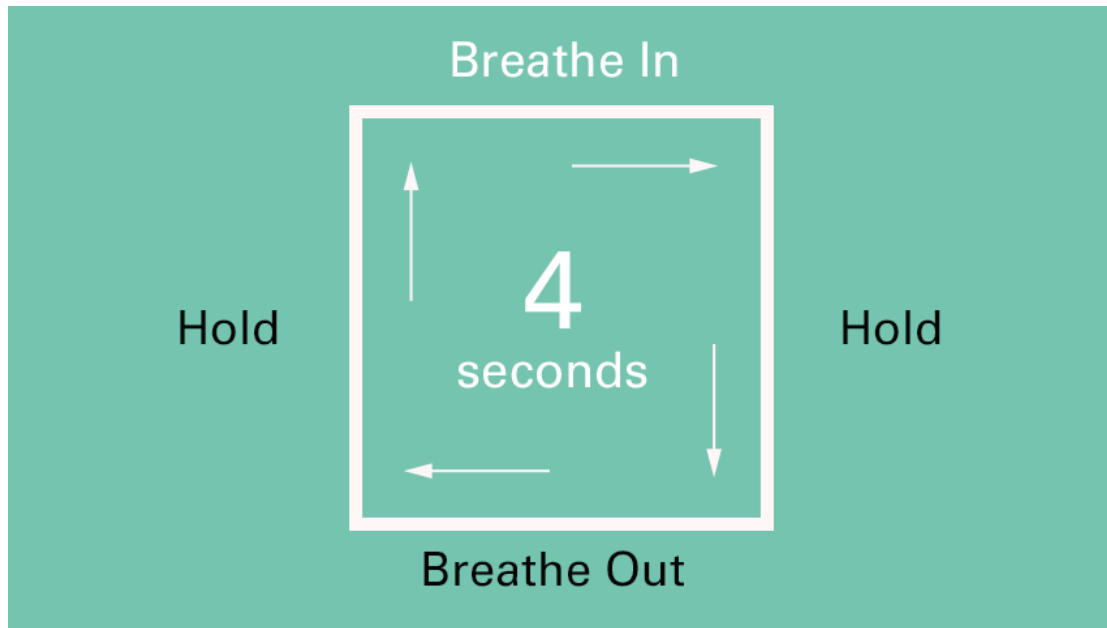


Furious

Extremely high energy
and strongest feelings



Self Regulation Toolkit- Breathing Techniques



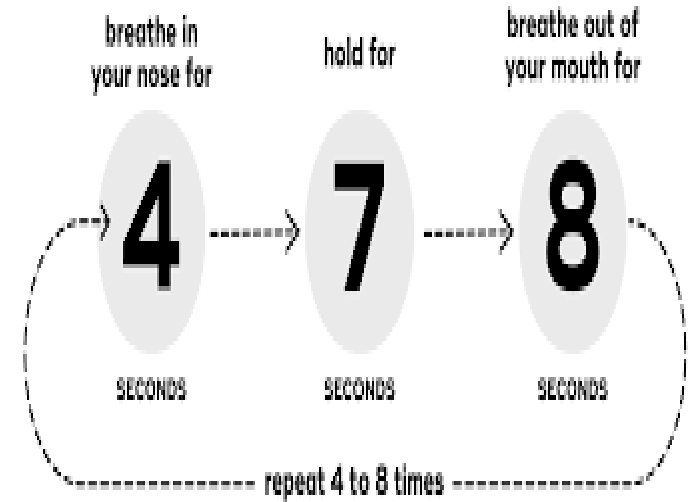
<https://www.youtube.com/watch?v=n6RbW2LtdFs>



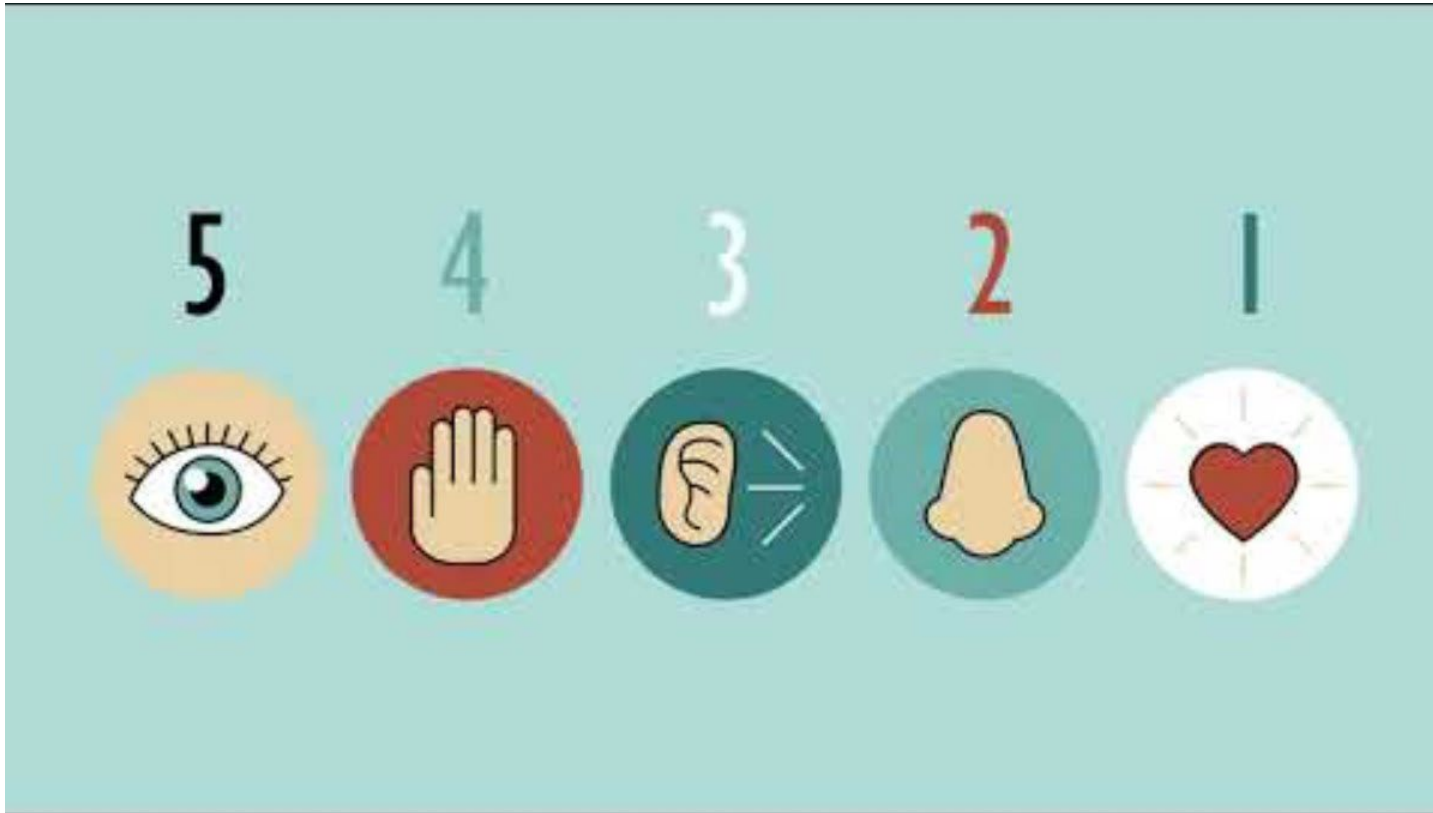
Self Regulation Toolkit- 4-7-8 Breathing Techniques



LIVE
LOVE
LAUGH



Self Regulation Toolkit- Grounding techniques



THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.



Find **5** things you can **SEE** around you



Find **4** things you can **TOUCH** around you



Find **3** things you can **HEAR** around you



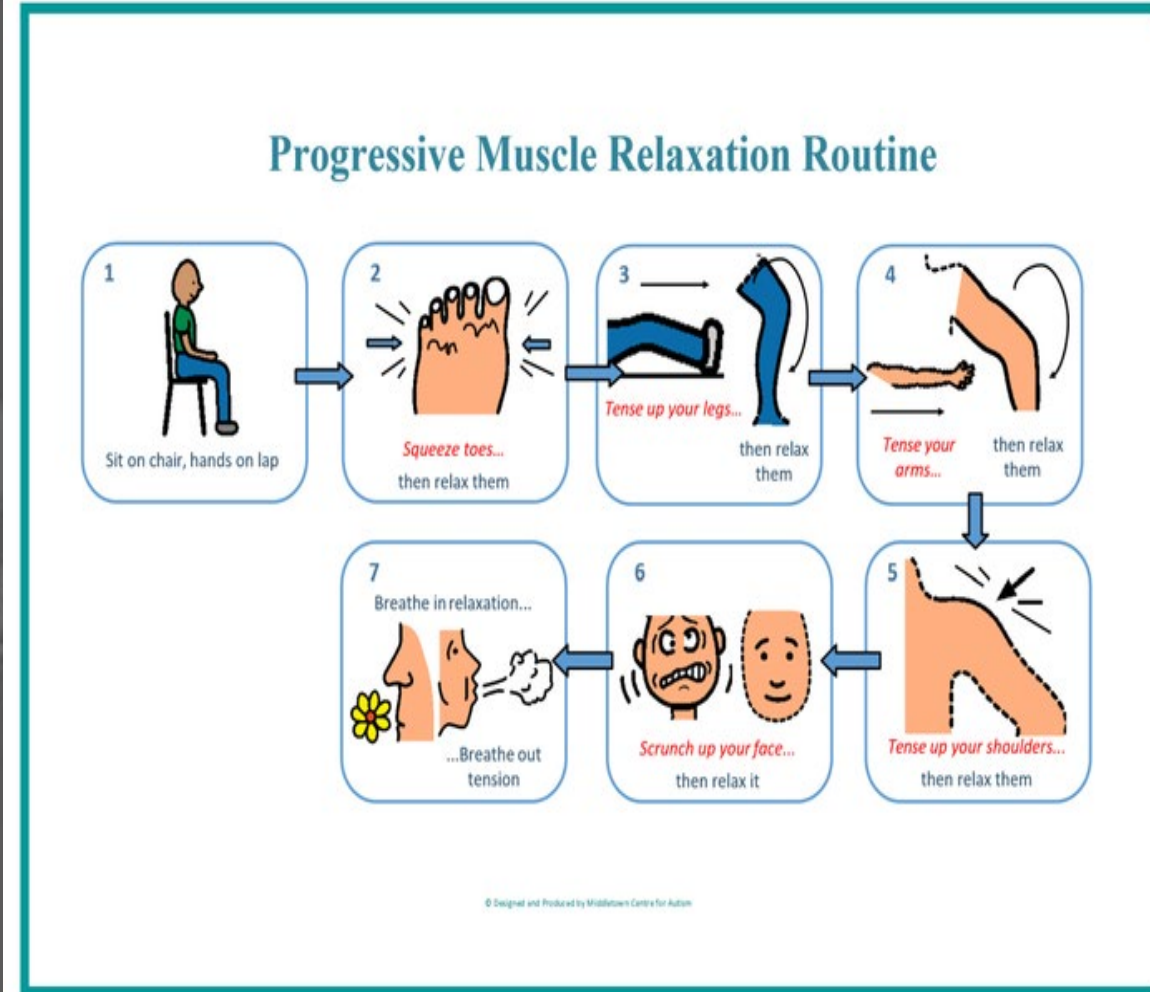
Find **2** things you can **SMELL** around you



Find **1** thing you can **TASTE**. (Swallow)



Self Regulation Toolkit- Progressive Muscular Relaxation Techniques



Self Regulation Toolkit- Chair and Wall Push ups



Self Regulation Toolkit- Meditation



How to Meditate

mindful
mindful.org

- 1 Get comfortable.** Sit in a way that's accessible to you: seated in a chair, or legs crossed on the floor, or even lying down.
- 2 Focus on your breath.** Notice where you feel your inhales and exhales: the nose, chest, or belly. Follow the rise and fall of the breath.
- 3 Notice when you're lost in thought.** When you notice your mind trailing off, see if you can shift your attention back to simple in-breaths and out-breaths.
- 4 Treat yourself kindly.** How you speak to yourself in that moment when your mind wanders is an essential part of the practice. Be kind. Begin again.



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