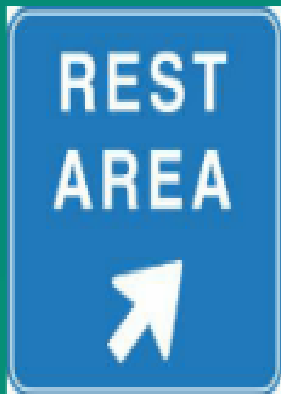


Zones of Regulation



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.

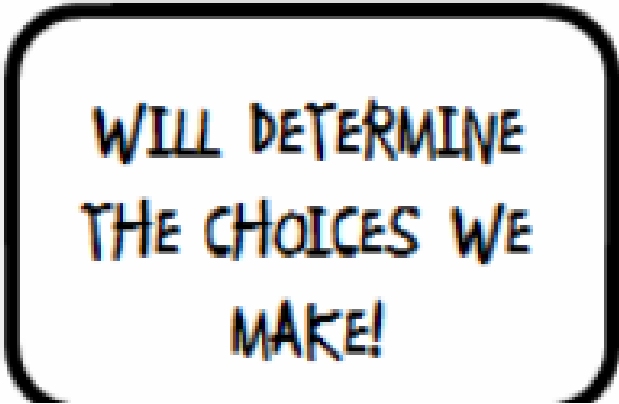
You can also regulate your thinking and your feelings too.



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 four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
			

All zones are OK! All feelings are OK!

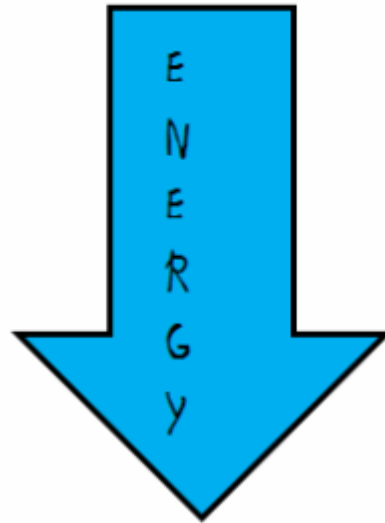
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



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



Sad

BLUE ZONE FEELINGS



Bored

Lonely

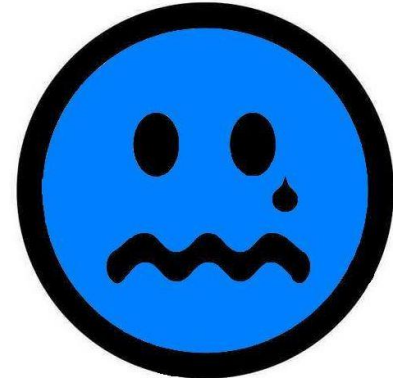


Sick

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

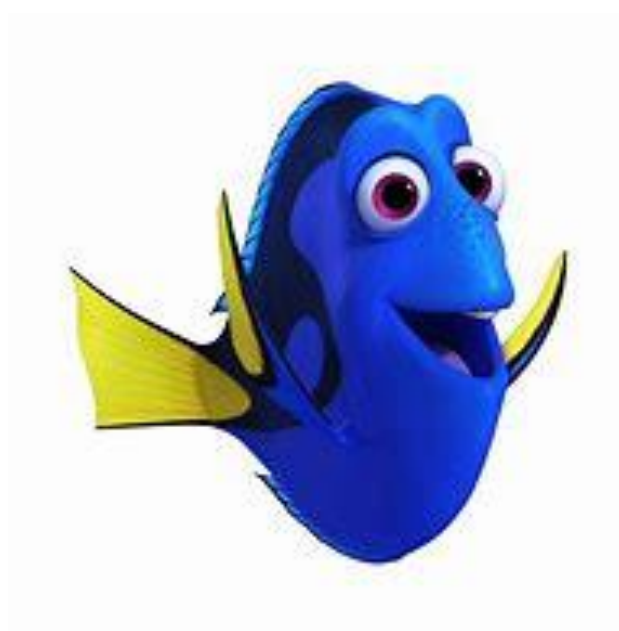
Happy



Focused

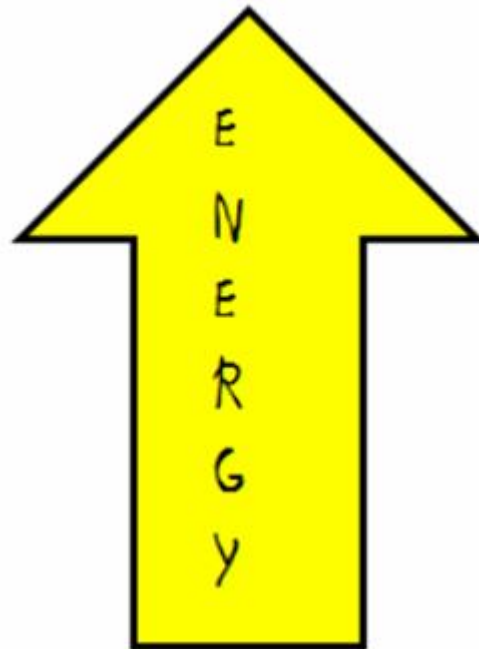
Dory in the green zone.

<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



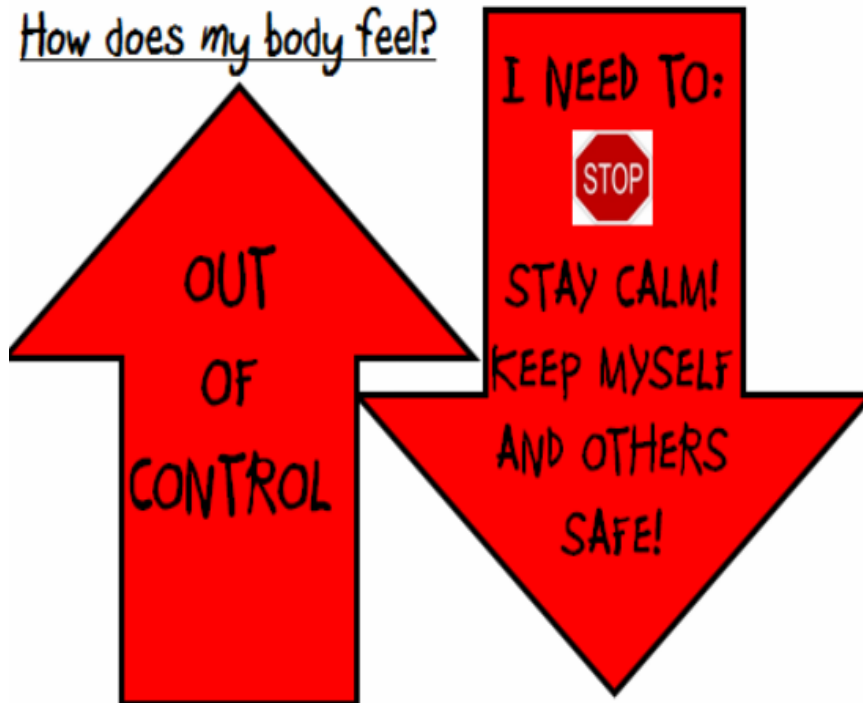
Competitive

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!



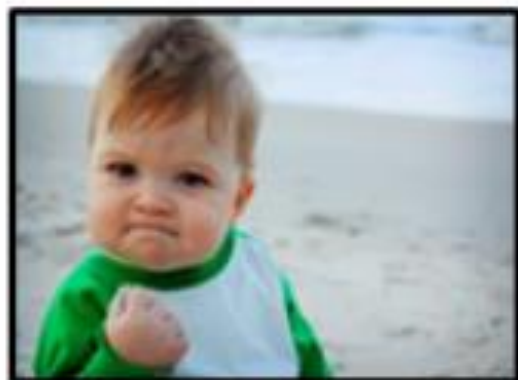
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

The Incredibles in the red zone!

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



Behaviour Policy Update

- The Look
- Verbal Warning
- Loss of Breaktime
- Time out of Class