

# The **ZONES** of Regulation™

## How are you feeling today?

There are **NO** bad zones! We all move through various emotions, energy, and alertness throughout the day. Our goal is to notice and regulate our feelings to take care of ourselves and meet our goals! We **DO NOT** have to get ourselves back to the Green Zone!

### Blue Zone

The Blue Zone encompasses our lowest level of energy or alertness. It can be helpful when we have goals such as falling asleep, but it also includes when we have sad, bored, or lonely feelings.

When we are in the Blue Zone, and our goal or task requires more energy such as focusing in class or playing at recess, it can be helpful to use a tool to provide us with more energy such as drinking water or chewing something crunchy!

### Green Zone

The Green Zone = neutral feelings, energy, and alertness. Being in the Green Zone may work well when your goal is to learn or process information. We may feel calm, happy, or focused in the Green Zone.

Although the Green Zone is often associated with pleasant and comfortable feelings, it is important to note that it is NOT the 'best' or 'good' zone. Yes, it can be HELPFUL to be in the Green Zone during classroom reading time, but if you are trying to fall asleep, having a lower energy level can be more beneficial.

### Yellow Zone

When we are in the Yellow Zone, we have more energy, and our feelings are getting stronger. We may feel excited, fidgety, anxious, or frustrated. Although our emotions are becoming more intense, we usually still have a sense of control when in the Yellow Zone.

Being in the Yellow Zone can be helpful when competing in a game, doing a school performance, or playing with friends because a higher energy / alertness helps us engage and perform in these activities.

### Red Zone

The Red Zone is the highest and most intense Zone of them including emotions such as anger or panic. It is an important Zone because it helps us when we are in a situation when we need to react quickly and keep ourselves safe, such as when we are in danger.

The Red Zone also encompasses positive emotions such as elation or exhilaration.

These strong feelings are part of being human and learning how to manage big emotions is essential.