

Zones of Regulation: Information

The Zones of Regulation are a framework to support an individual's understanding of emotions to categorise them into different coloured zones. Strategies are then identified for individuals to carry out to get back to the green zone to feel calm, focused, and ready to learn.

The Zones of Regulation resources can be used to support your child to identify and describe their feelings, which can support a discussion around why they are feeling a certain way, and what strategies can be used when they feel like this.

The ultimate aim of this is to support your child to develop their independence in identifying and expressing their feelings, and independently identifying strategies, to prevent them from becoming dysregulated. When introducing the Zones of the Regulation your child should be supported to learn how to do this through consistent modelling by the adult.

The Zones of Regulation resources also support your child to think about the feelings and thoughts of others, the size of problems and appropriate reactions, and expected and unexpected behaviours in different situations.

Zones of Regulation Visual Resources

1. Zones – A4
2. Keyring

Zones of Regulation Worksheets

1. Introduction
2. What Zone
3. School Smarts vs. Social Smarts
4. Thinking About Others 1
5. Thinking About Others 2
6. Size of the Problem
7. Tool Box
8. Reactions 1
9. Reactions 2
10. Inner Coach
11. Whole Body Listening
12. Expected Behaviour
13. Unexpected Behaviour
14. Expected and Unexpected Behaviour 1
15. Expected and Unexpected Behaviour 2
16. Facts vs. Opinions
17. General Worksheets 1-5