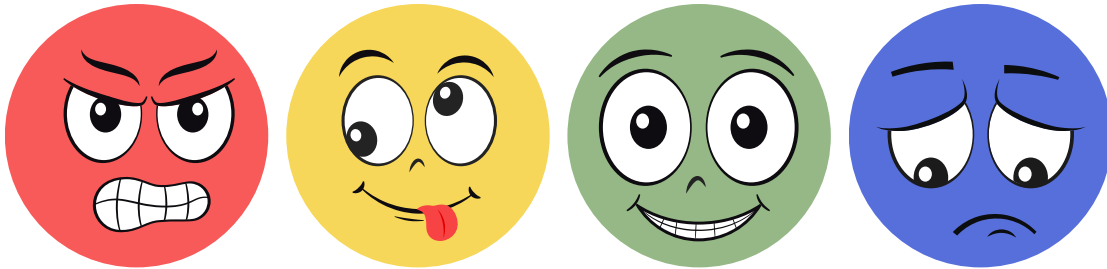


ZONES of REGULATION

The Zones of Regulation are a helpful way to explore and support emotional development in our learners. All Zones are ok to be in, we all experience them. But, we want to be able to talk about, respond, and act well no matter what Zone we are in; this is emotional regulation.

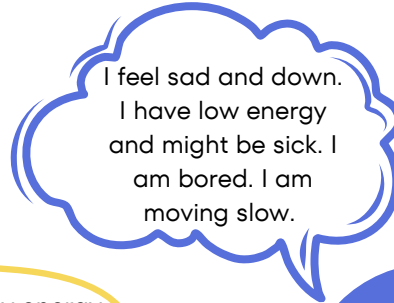
The Zones provides a language to talk about our emotions, encourages learners to become more self-aware, and provides tools to support our learners through different emotional states.



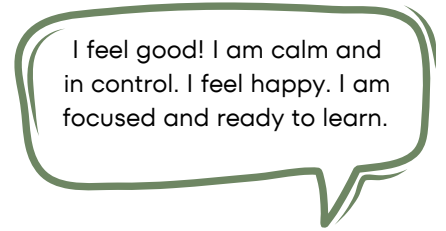
ZONES of REGULATION



I am angry and scared! I have high energy. I might yell or try to hurt someone. My body feels out of control.



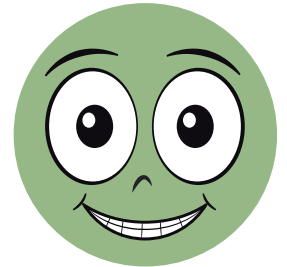
I feel sad and down. I have low energy and might be sick. I am bored. I am moving slow.



I feel good! I am calm and in control. I feel happy. I am focused and ready to learn.



I feel silly and wiggly. My energy is rising. I might be worried, frustrated, confused or over excited.



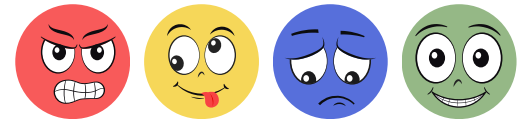
ZONES of REGULATION

Questions you can ask

- What zone are you in?
- Why do you feel this way?
- What tool might help you when you feel this way?

Responses

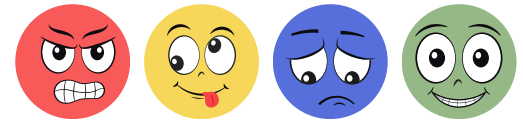
- I feel... because...
- I can...
- I will...



ZONES of REGULATION

Tools are things we can do that help us to regulate. As adults, we may do these things without much thought, we've had many years to practice! Let's help our children with their tools.

If you want to help a child practice their tools, it's best to do this when they are in the green zone as that is when they are most settled and able to take on new learning best.



ZONES of REGULATION

Some tools might be...



having a
drink



reading
a book



drawing

star jumps



going for a
walk or run

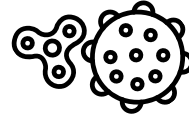


listening to music



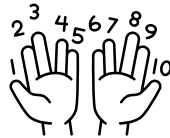
breathing
techniques

a sensory toy



cuddling a pet

notice 3 blue things,
2 green, 1 red



counting to 10

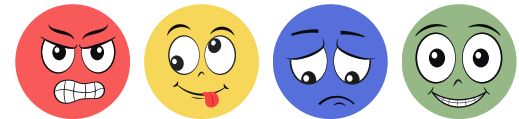


ZONES of REGULATION

Some children find it difficult to share how they are feeling. They often need support to regulate themselves, this is called **co-regulation**.

An example of this could sound like "I see you are feeling angry, your body looks tense and you are breathing fast. You are in the red zone. That's ok. Let me help you feel more settled."

Or "I see you are in the blue zone. You look sad. You are moving slow and have low energy. Let me help you find something to help bring your energy back up. I know you enjoy music, lets listen to your favourite song!"





RED ZONE

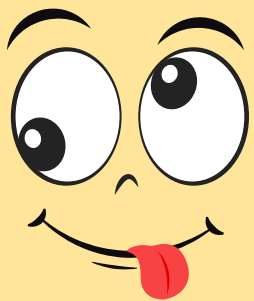
mauri oho

My energy is high and I am feeling out of control.

I need space.

My body feels tense and I am breathing fast.





YELLOW ZONE

mauri rere

I am feeling silly, wiggly, and can feel my energy rise.

I might be feeling frustrated and be beginning to lose control.

I need to find a tool in my toolkit that will help me feel settled again.





GREEN ZONE

mauri ora

I am calm and focused, ready to learn.

I make careful choices that show manaakitanga to myself and others.

I am curious, open to new ideas, and aware of how I think and feel.





BLUE ZONE

mauri noho

I have low energy and feel slow.

I may be tired, hungry, sad or bored.

I need to use a tool to help me feel more spark and joy.

