

KNOW YOUR ZONES

Information about the Zones of Regulation®

What is Zones of Regulation ®?

The Zones® is a systematic, cognitive behavioural approach used to teach self-regulation. Self-regulation is being able to recognise when you are becoming less regulated and being able to do something about it to manage how you are feeling. For example, as an adult we may go for a walk to pick up your energy levels or go to the gym when you are feeling stressed.

The Zones® programme categorises all the different ways we feel and states of alertness we experience into four concrete coloured zones.

During Zones® groups students will be provided with strategies to help them become more aware of their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

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So what are the Zones®?

BLUE Zone

When our body is running slow, such as when you are tired, sick, sad or bored.

GREEN Zone

When you feel "good to go." Your body may feel happy, calm, content and focused.

YELLOW Zone

When you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised. *Use caution and slow down when you are in this zone.*

RED Zone

This zone is for big emotions such as anger, terror, aggression and extreme excitement. *In this zone, you are usually out of control, and can't make good decisions and need to STOP!*



LIFE IS 10% WHAT HAPPENS TO
US AND 90% HOW WE REACT
TO IT.

- CHARLES SWINDOLL

Important note

It is vital to understand **all the zones are okay!** There are no good or bad Zones. The Zone we are in is determined by how we feel on the inside, not the behaviour on the outside. The behaviour is just a by product of how we manage our Zone®.

When we managing our Zones well, our behaviours is expressed in a way that is appropriate for the situation and the social context.. For example, if you were to receive a rude text message from your boss that made you feel annoyed, it would likely send you into the yellow zone but lets look at that situation in two scenarios : receiving the message alone at home vs receiving the message in a meeting. In both scenarios you are in the yellow zone, however you will manage your yellow zone differently, at home (where the social demands are low) in comparison to at the meeting (where the social demands are high).

What are the aims of Zones of Regulation®

Occupational Therapists and Speech and Language Therapists will work together to support the students to;

- Know their zones - to identify range of feelings, emotions and levels of alertness in themselves and others.
- Identify a range of effective regulation tools (calming and alerting) to create their own toolbox.
- Know when and how to use the tools in their toolbox.
- Develop thinking strategies to help them problem solve positive solutions.
- Develop Social Thinking skills such as understanding how their behaviours influence others' thoughts and feelings

The ZONES of Regulation® Reproducible Z

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

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**For further advice and support please
contact your Speech and Language
Therapist.**

**Please also see the emotional regulation
advice sheet attached.**

Speakeasy Therapy

www.speakeasy-therapy.co.uk

Contact: sarah@speakeasy-therapy.co.uk (company director)