

The **ZONES** of Regulation

Introduction

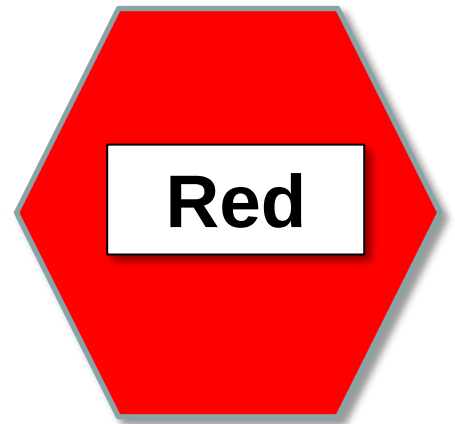
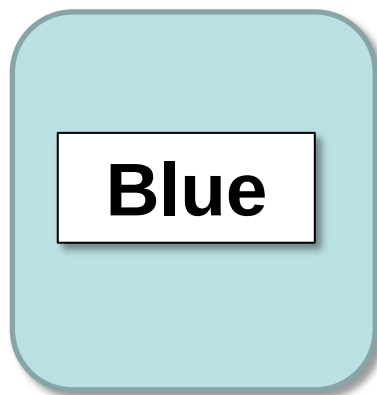
Inspired by Bev Groft OT

Based on Leah M. Kuypers' (OT)

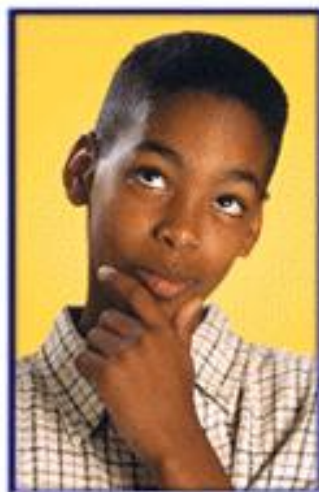
Adapted by Kerry Ellison OT

The Zones of Regulation© Program

Your body and brain have energy.
Your energy level changes
depending on how you feel or what
you're doing. Think about your
energy level as being in different
ZONES.



When you know what Zone you're in, you know something important about yourself.



When you're in the **Green Zone**,
your mind is focussed...



and ready to learn.

In the **Green Zone**
you get along well with friends.



In the **Green Zone**

you can listen and think.



In the **Green Zone** you can
get your work done.



In the **Blue Zone**
you have very little energy.



In the **Blue Zone**
you might feel
tired, bored,
daydreamy,
or sad.



In the **Blue Zone** it's hard to listen
and get your work done.



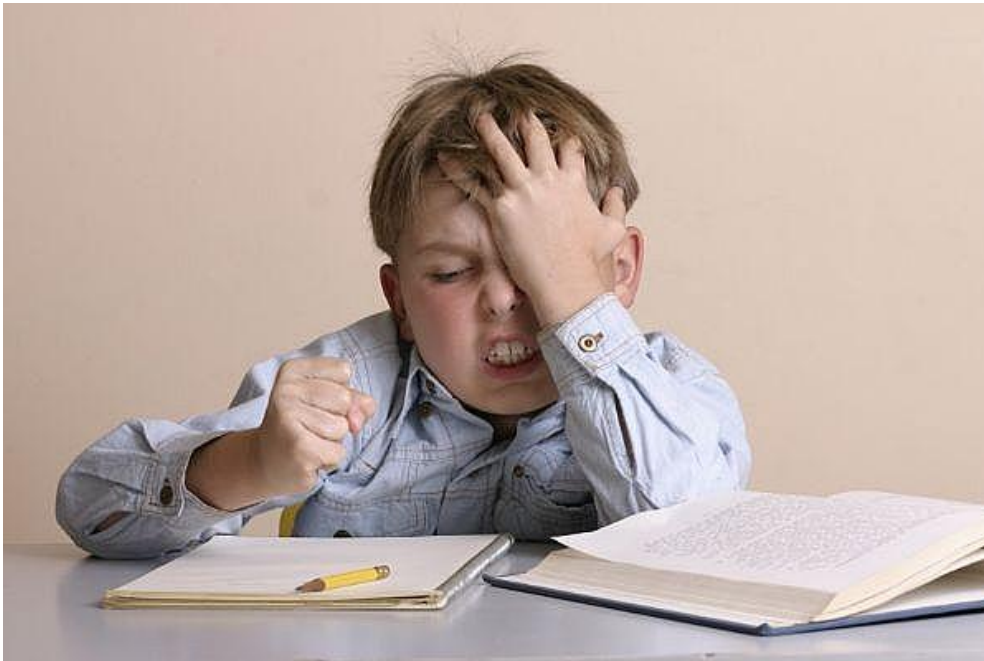
When your energy is high, you are in the

Yellow Zone



You may be excited or enthusiastic.

In the **Yellow Zone** you might also be
frustrated or annoyed...



...or worried.



In the **Yellow Zone** you might get hyper, giggly or silly.



It's hard to focus.



Sometimes the **Yellow Zone** is the perfect Zone to be in.



In the **Red Zone** your energy is so high that you start to feel out of control.



In the **Red Zone** you might feel



furious, terrified or overwhelmed.

In the **Red Zone** you can't think.



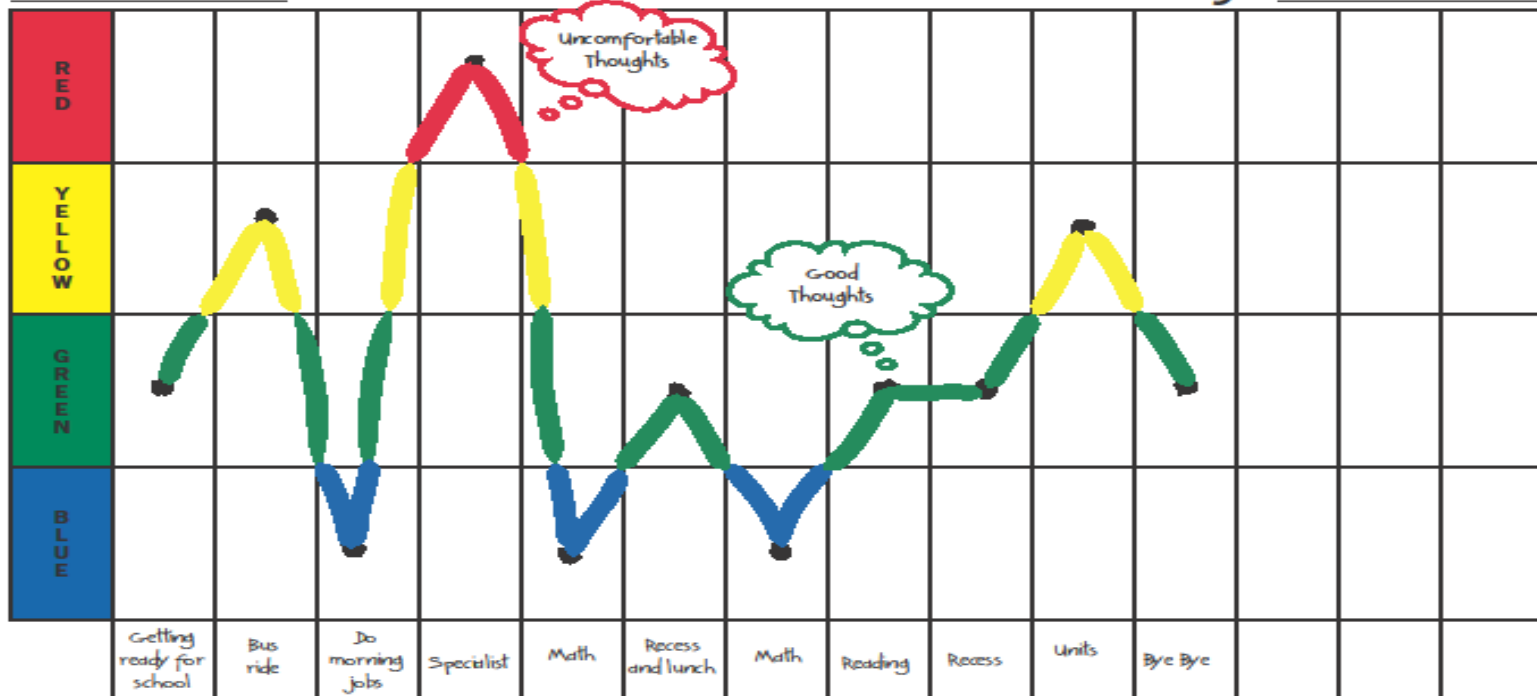
You might get into trouble.

Everyone uses all four Zones.

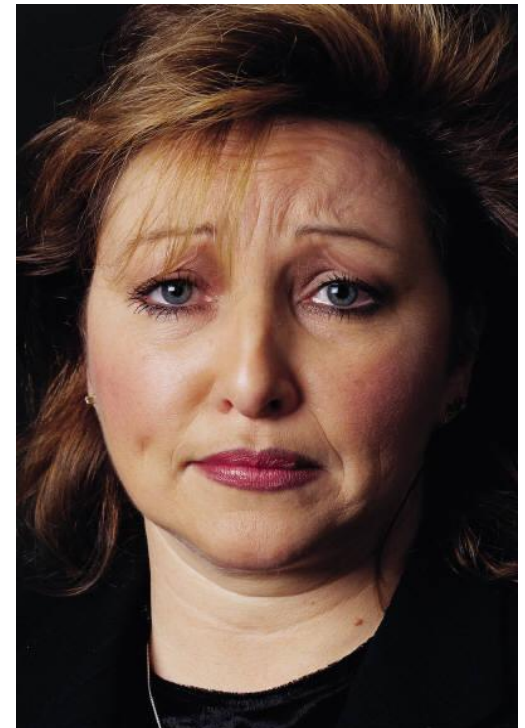
Our Zones change during the day.

The ZONES of Regulation® Reproducible N

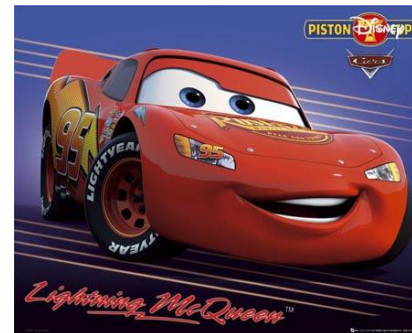
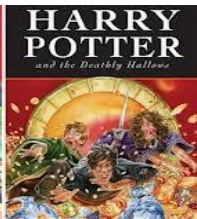
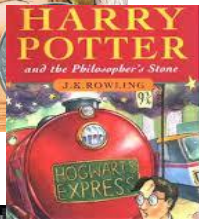
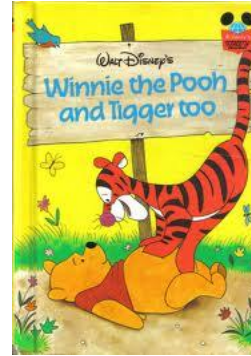
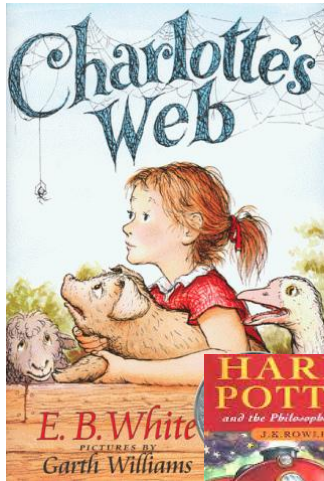
Jack's **ZONES** Across the Day: 5/25/2011



Teachers, parents and friends have Zones.



Characters in books, comics, movies, on TV and YouTube have Zones.



Even pets have Zones!



Everyone has a “Home Zone.”

Blue Zone - a quieter person who doesn't get excited about most things.

Yellow Zone - an active, more intense person.

Green Zone - a generally happy, calm person.

We're all different, but we all use 4 zones.

Let's pause for a Mindful Movement Break



The **ZONES** of Regulation®

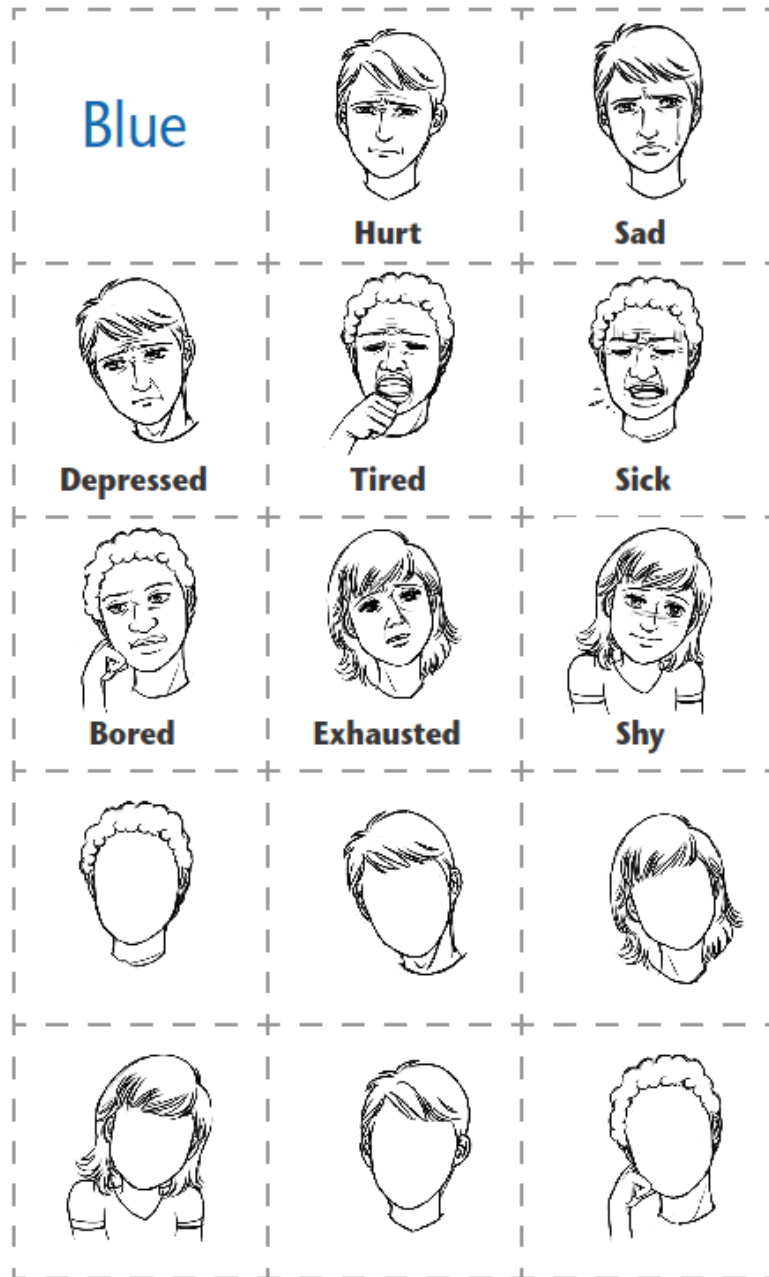
			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Zones Clues to watch for:



- Face
- Body language
- Gestures (actions)
- Tone of voice and words
- Feelings (emotions) (internal clues)

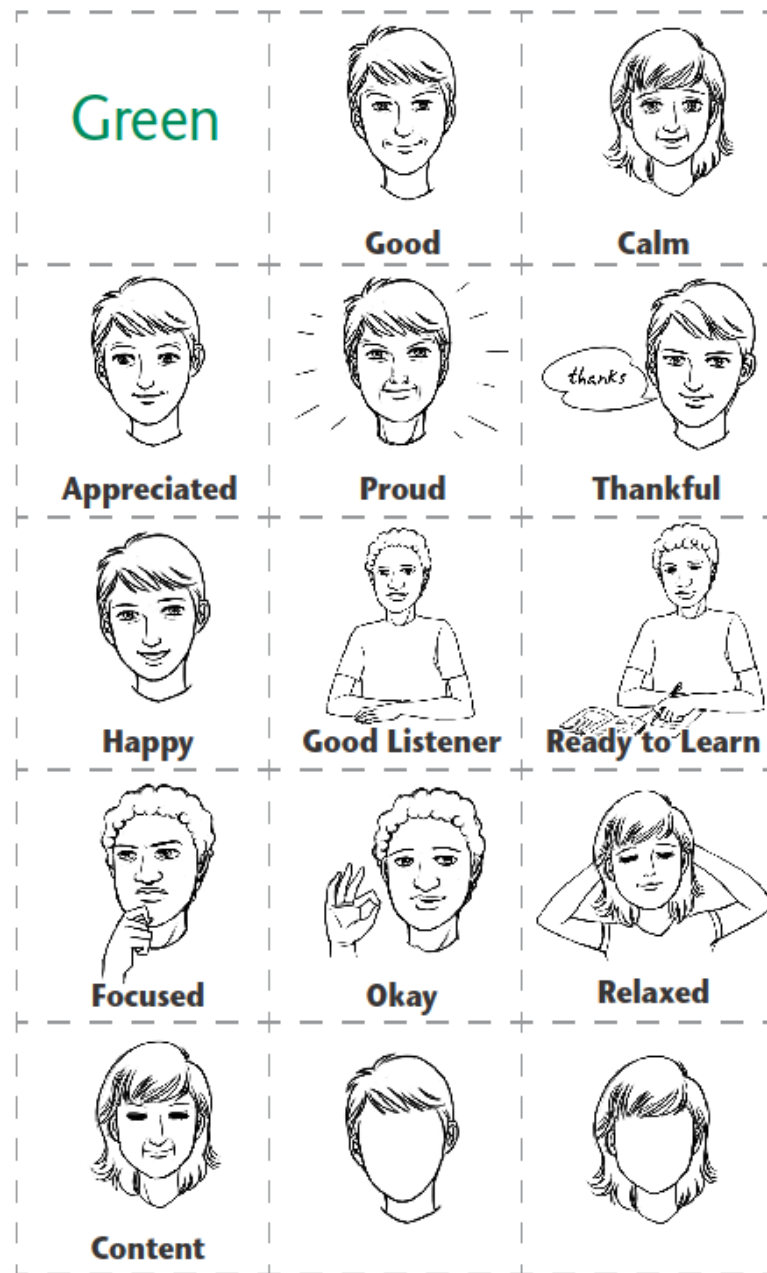
Some Blue Zones Emotions



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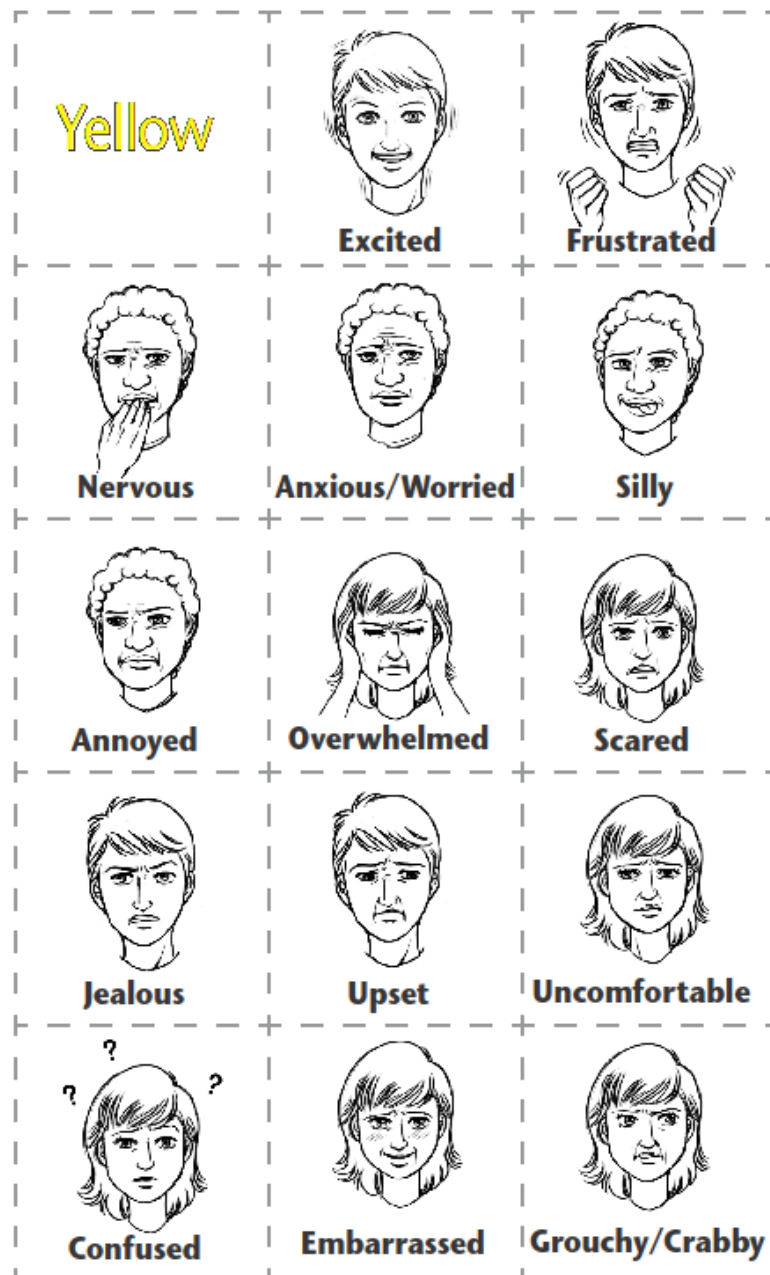
Some Green Zone Emotions

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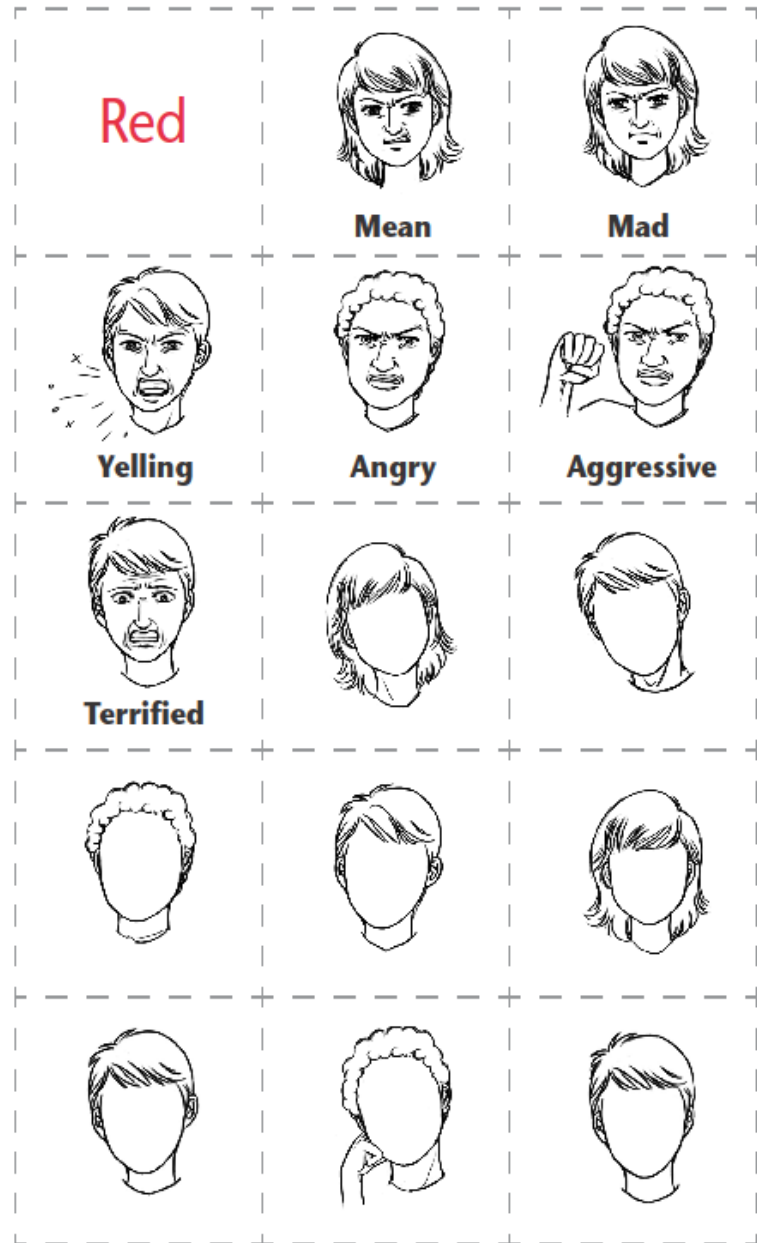
Some Yellow Zone Emotions

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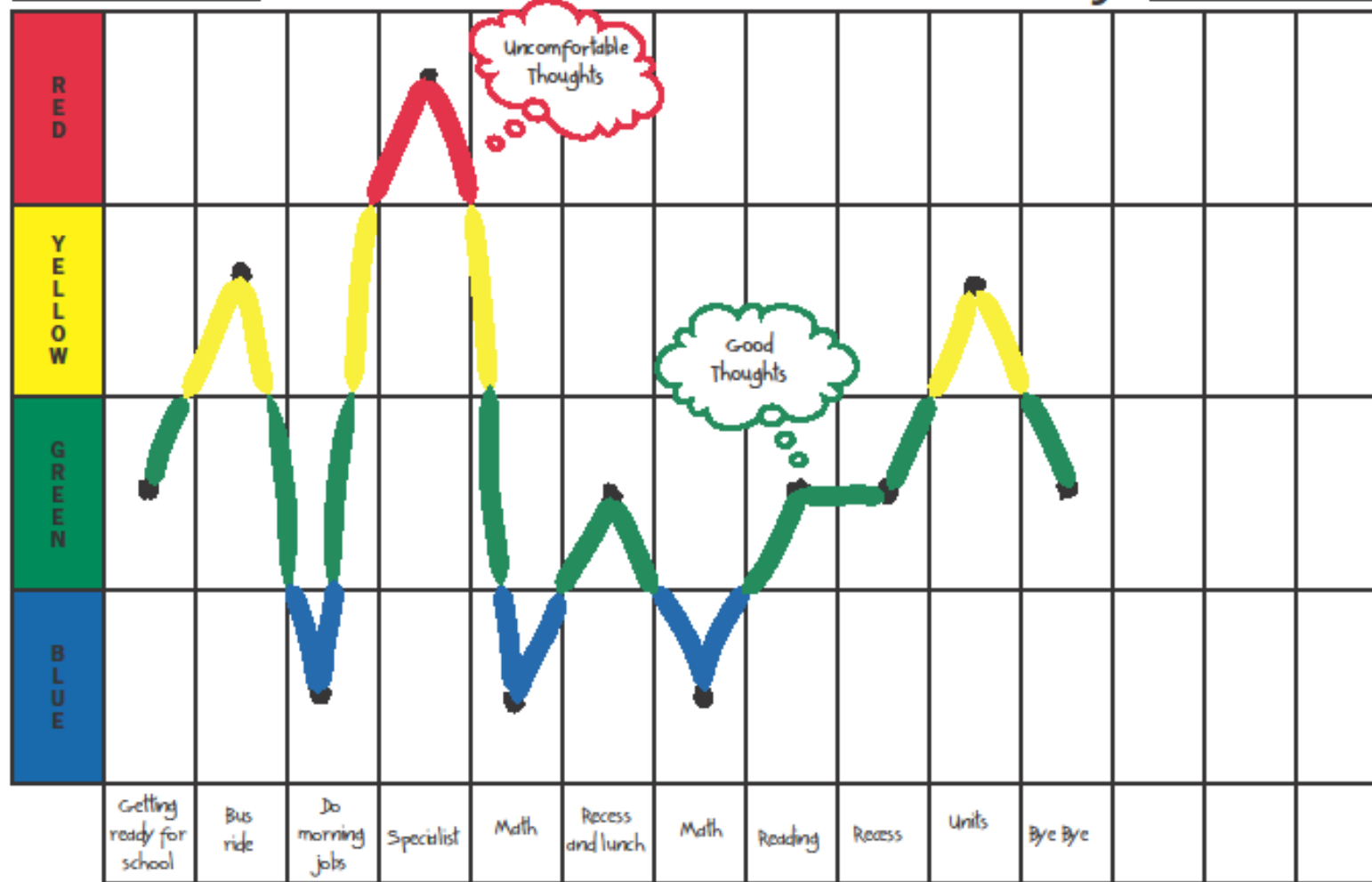


Some Red Zone Emotions

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Jack's ZONES Across the Day: 5/25/2011



's **ZONES** Across the Day:

R E D														
Y E L L O W														
G R E E N														
B L U E														

Mindful Movement of Desks

Please sit in a circle on the floor.

