

Concept 2 – Introducing The Zones of Regulation



WHAT ARE WE LEARNING?

We are learning to categorize our feelings into four colored Zones of Regulation. A **Zone** is how we feel on the INSIDE, which includes our emotions and energy.



WHY IS IT IMPORTANT?

Grouping our feelings into the four Zones makes it easier to understand, talk about, and regulate them.

BLUE ZONE

Low levels of energy and down feelings

Sad, tired, sick, or bored

GREEN ZONE

Calm energy and a sense of control

Happy, calm, relaxed, or focused

YELLOW ZONE

Higher energy and stronger feelings

Frustrated, worried, silly, excited, or wiggly

RED ZONE

Extremely high energy and strongest feelings

Angry, terrified, panicked, or super excited



ASK AND SHARE

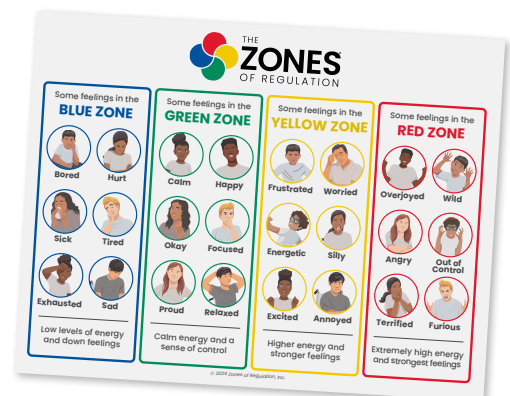
To help with learning, discuss these questions together:

- *Tell me about The Zones of Regulation.*
- *What are the four colors in The Zones of Regulation?*
- *How might thinking/talking about the four Zones help ALL of us (adults and kids)?*



BRIDGE ACTIVITY: ZONES SCAVENGER HUNT

- 1 Put *The Zones of Regulation* poster where everyone can easily see it. It can be colored with the Zones colors and incorporated into a fun Zones Scavenger Hunt.
- 2 Look for things that show different feelings in each Zone. You can find them in action or LEGO® figures, dolls or toys, pictures in books, photos, or even on clothes and decorations.
- 3 While you're hunting, ask questions like: *What is the feeling? Which Zone does that feeling go in? Why?*
- 4 Look at *The Zones of Regulation* poster to think about and share your feelings throughout the week.



Some feelings in the
BLUE ZONE



Bored



Hurt



Sick



Tired



Exhausted



Sad

Low levels of energy
and down feelings

Some feelings in the
GREEN ZONE



Calm



Happy



Okay



Focused



Proud



Relaxed

Calm energy and a
sense of control

Some feelings in the
YELLOW ZONE



Frustrated



Worried



Energetic



Silly



Excited



Annoyed

Higher energy and
stronger feelings

Some feelings in the
RED ZONE



Overjoyed



Wild



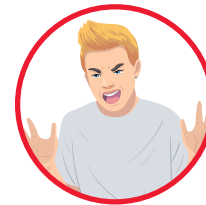
Angry



Out of Control



Terrified



Furious

Extremely high energy
and strongest feelings