



Name It To Tame It

Zones of Regulation

A parent and child-friendly guide to
recognising and regulating emotions



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Hello and Welcome!

We're so glad you're here. Parenting is full of wonderful moments, but it also comes with big emotions – for both children and adults! This guide was created to help you and your child understand those feelings, talk about them openly, and find calm together when things feel a bit tricky.

Why Emotional Regulation Matters

Learning to recognise and manage emotions is one of the most important life skills a child can develop. When children understand what they're feeling, they can respond rather than react. It helps them build confidence, resilience, and stronger relationships – both at home and beyond.



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How This Guide Can Help

Using the Zones of Regulation framework, this guide gives you simple, practical tools to help your child identify their emotions and choose healthy ways to manage them. You'll find easy-to-follow explanations, fun activities, and printable templates you can use every day.

Together, you'll learn to notice the signs of each 'zone,' talk about what's happening, and use calming strategies that work for your family. It's all about connection, understanding, and creating a calmer, happier home.

Thank you for taking this step to support your child's emotional wellbeing – you're doing an amazing job.

**LOVE
LAUREN X**

How to Use This Guide

This guide is designed to be used together with your child. You don't need to read it all at once, just take it one step at a time and make it part of your everyday moments.

Start with a chat:

Sit down with your child and look through the Zones of Regulation together. Talk about what each zone means and share examples from your own day.

Notice and name feelings

When emotions show up, gently help your child identify which zone they might be in. You could say, 'It looks like you're in the Yellow Zone, are you feeling a bit worried?'

Create a calm plan together

Practice simple calming strategies together. It might be deep breathing, counting to 10, drawing, or having a cuddle.

Reflect together

Use the feelings tracker as a daily check-in to talk about what helped your child move back to the Green Zone. This builds awareness and confidence over time.

Remember, there's no 'perfect' way to do this. The goal is connection, not perfection. Every time you pause to notice and name a feeling, you're helping your child build lifelong emotional skills.

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Zones of Regulation

BLUE

Sad Bored
Hurt Tired
Sick



GREEN

Happy Calm
Motivated
Proud



YELLOW

Worried
Anxious
Excited
Silly



RED

Angry
Terrified
Mad
Disgusted
Furious



Zones of Regulation

BLUE

GREEN



YELLOW

RED



Zones of Regulation



You're Doing an Amazing Job!

Thank you for taking the time to explore this guide and support your child's emotional wellbeing. Every conversation, every deep breath, and every moment of connection makes a difference.

Remember, emotional regulation is a journey, not a destination.

Some days will feel calm and easy, and others might feel a little bumpy – and that's completely okay. What matters most is showing up with love, patience, and understanding.

Keep using the tools and activities in this guide to help your child recognise their feelings, express them safely, and find their way back to calm. Over time, you'll both build stronger emotional awareness and resilience that will last a lifetime.

You've got this, and you're not alone. Here's to more calm, connection, and joy in your family's everyday moments.

Thank you for being part of our amazing community! Please share your experiences with us.

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Stay Connected – Join Our Power-Up Parenting Community!

Parenting can be a wild ride, but you don't have to do it alone. Our Power-Up Parenting Community is a warm, supportive space where parents share, learn, and grow together. A great place to find practical tools, expert advice, and encouragement from people who truly get it. Pop over to our website to register today.

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