

# The Zones of Regulation

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- This program is meant to provide a visual representation of our emotions and help understand, recognize, monitor and control our responses to what we feel.
- Different emotions are separated into four different “zones”.
  - Blue Zone is low energy and could contain emotions such as “sad, tired, depressed”
  - Green Zone is the zone we want to be in. It is where we can learn and make friends in. The goal is to try and stay or return to green in order to be read to learn. Some of the emotions contained in this zone include: “ok, happy, patient”
  - Yellow Zone is higher energy. This is the zone we are in if we are running around outside for recess or at a birthday party. It can also be the place where we are at if we are starting to get irritated or frustrated. This zone is where we need to be careful and take caution to not raise our energy too much. This is where we want to be aware of what our triggers are in order to avoid going into red. Some of the emotions contained in this zone include: excited, frustrated, overwhelmed, upset”
  - Red Zone is the zone with the highest amount of energy. When someone is in this zone they are out of control and pretty much need to take a break and remove themselves from the situation. The only time we really need to be in red is when our lives are in danger. If someone is in red they could be yelling, throwing things, saying hurtful things, etc. Some of the emotions contained in this zone include: terrified, mean, angry, yelling, elated”
- It is important to not think of these emotions as good or bad. They just are. It is ok to feel all of these emotions. It is ok and normal to feel in red. It is ok to feel like yelling, or throwing things. It is **NOT OK TO ACT IN RED**. We can’t control what we feel, but we **CAN CONTROL WHAT WE DO**. We can control our body and our actions.
- The emotions found in each zone can be different depending on how you experience the emotion. Sometimes being sad is a trigger and can cause someone to be grumpy (yellow) or angry (red). That is ok. If they identify the emotion of sad as being very high energy (red), that is where that emotion goes for them. It is ok for them to make their pictures to go along with the emotions they identify with if they can’t find an emotion they are looking for.
- This program is meant to teach and encourage ownership of their actions. It is also meant to teach tools to use in order to prevent them from going to red or to get them to stay in or go to green.
- Some of the tools that could be used include
  - Take a deep breath (crazy 8 breath, 4 sided breath, volcano breath, short deep breath), Take a break, go for a walk, listen to music, squeeze your arm or hand, write a letter, go for a run, talk to a friend, think of something pleasant, hold or look at something comforting such as a stuffed animal, work on something else etc.