

The Zones of Regulation

Helping children understand and manage their emotions





Emotional Skills Matter



- Emotional skills are just as important as academic learning.
- They help children to learn, socialise and problem-solve.
- Parents play a key role by modelling and supporting positive emotional responses.

Leah Kuypers

The "Zones of Regulation" was created by Leah Kuypers, an occupational therapist and author.

She developed the program to help children and adolescents understand their emotions and improve their ability to self-regulate.



The children are taught to link their emotions to four coloured zones

Blue, green, yellow, and red.



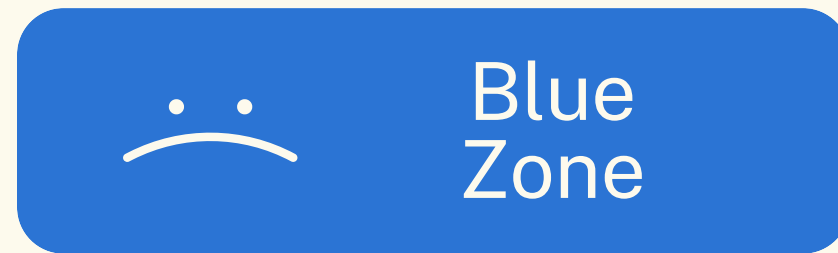
Low energy and not motivated to participate

Attentive and feeling positive overall

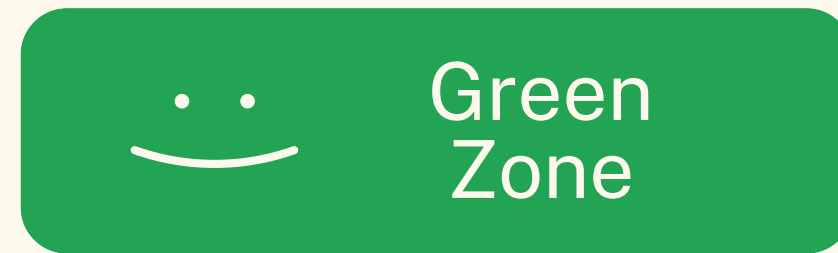
Starting to feel heightened

Out of control and unable to focus

Here are examples of emotions for each zone



Sad
Tired
Sick
Bored
Feeling slow



Calm
Happy
Focused
Feeling good
In control

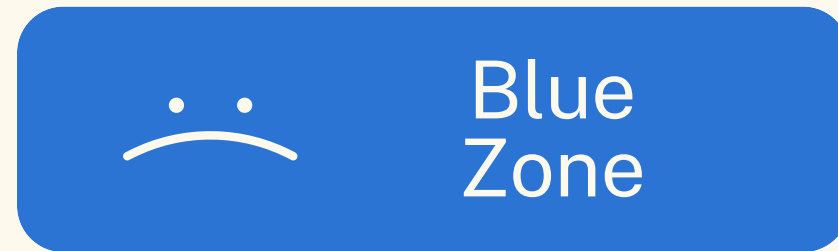


Excited
Anxious
Nervous
Frustrated
Confused

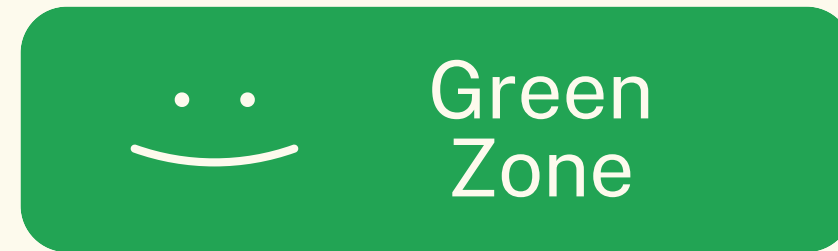


Angry
Scared
Panicking
I'm not in control

All Emotions are Valid



Natural
response to a
sad event

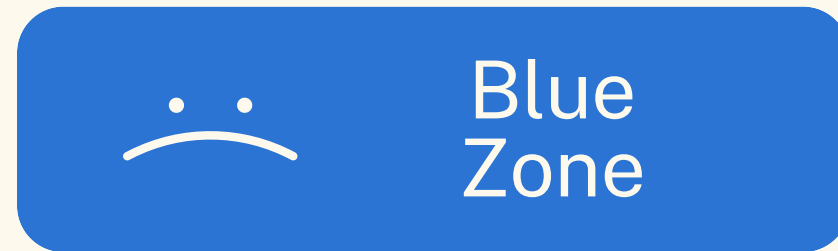


Keeps us safe
Helps us to run a
race

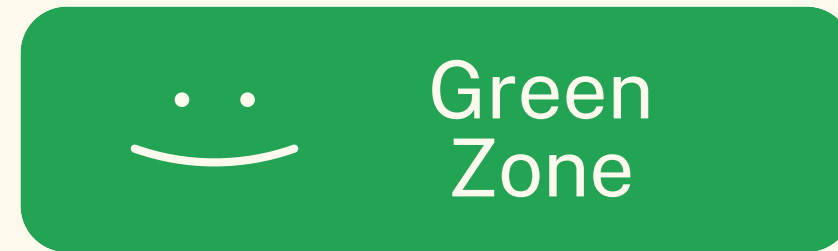


All feelings are normal. The goal is to recognise and respond appropriately.

Recognising the Zones



Crying
Head down



Smiling
Relaxed posture



Frowning
Faster heart rate



Shouting
Running away

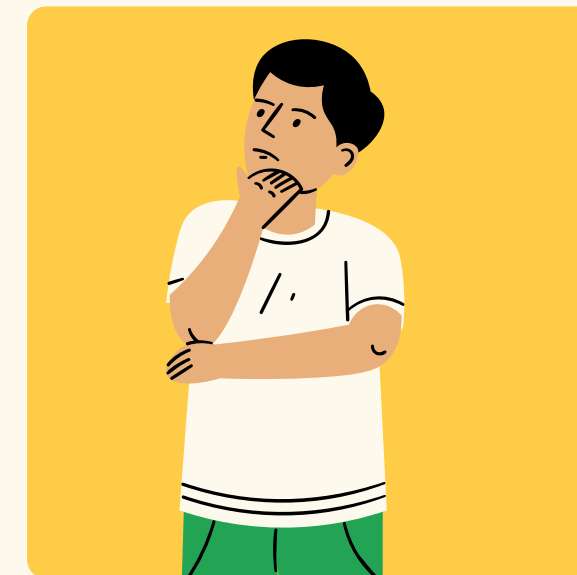
- Notice physical clues in themselves and others (heart rate, voice, expression).
- Naming the emotions - reduces the intensity
- Use of stories and films

Tools to help regulation

Goal: move towards the Zone that fits the situation.



- Movement break
- Talking to an adult



- Deep breathing
- Listening to music



- Using a calm space
- Count to 10

How Parents Can Support at Home

- Use Zone language daily.
- Model emotional regulation.
- Validate emotions before solving problems.
- Create a calm corner or toolbox at home.



Common Misconceptions



- Zones are about 'good' or 'bad' feelings - this is not the case. All emotions are valid.
- Red Zone = punishment - it is a learning opportunity.
- Progress will be quick - it takes time and repetition.



Home–School Connection



- Shared language builds consistency.
- Encourages the same vocabulary at home and school.
- More likely to be successful.



Reflection



1. Think of one situation where you could use Zones language in your family.
2. How might you help your child move from Yellow to Green?



Helpful Resources



1. <https://zonesofregulation.com/free-downloads/>



2. <https://www.socialthinking.com/zones-of-regulation/free-stuff>



3. <https://www.nhsborders.scot.nhs.uk/media/1001858/Zones-of-Regulation.pdf>





Question Time
Thank you for
attending.

