

THE ZONES OF REGULATION

The ZONES of Regulation program aims to explain emotions, behaviours and how the body feels in terms that primary children can understand.

The ZONES of Regulation Program can help children to regulate their moods and behaviours by:

- increasing their vocabulary and understanding of emotional terms
- recognising that different Zones will be experienced in different situations, and that is okay
- using appropriate tools and strategies to change or stay in the Zone they are in
- read other people's facial expressions and behaviours to identify how they are feeling
- understanding how their behaviour is seen by others, and how they react to it
- gaining insight into the events that trigger their behaviour
- using calming and alerting strategies as required
- using problem-solving skills to identify what strategies or tools are required

What are the Zones of Regulation?

There are 4 ZONES:

- **THE BLUE ZONE**
- **THE GREEN ZONE**
- **THE YELLOW ZONE**
- **THE RED ZONE**

A traffic light can be a useful analogy to understand how the children move between the Zones.

THE BLUE ZONE - *a rest area where you need to pull over when you're tired and need to recharge*

A low state of alertness, such as when you feel **sad, tired, sick** or **bored**. This is when your body and/or brain is moving slowly or sluggishly.

THE GREEN ZONE - *good to go, under control*

A regulated state of alertness. You may be described as **calm, happy, focused**, or **content** when in the Green Zone. This is generally the optimal zone for children to be in for learning and social interaction. Being in the Green Zone shows **control**.

THE YELLOW ZONE - *Caution – slow down or take warning*

A heightened state of alertness, however you have **some** control when in the Yellow Zone. You may be experiencing **stress, frustration, anxiety, excitement, silliness, nervousness, confusion**, and many more **slightly elevated** emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The yellow zone is **starting to lose some control**.

THE RED ZONE - *Need to Stop and regain control*

An extremely heightened states of alertness or very intense feelings. You may be experiencing **anger, rage, explosive behaviour, panic, terror** or **elation** when in the Red Zone. The Red Zone can best be explained by **not being in control of one's body**.

How is Zones of Regulation implemented at Koondrook Primary?

The Zones of Regulation was first introduced at Koondrook Primary School in 2020 as part of our School Wellbeing and Engagement Program. Classroom teachers have completed dedicated lessons to encourage students to understand the zones, understand the triggers that impact their zone, and how to identify the actions and strategies that help them move to or remain in the Green Zone. These learnings are revisited throughout the school year, to encourage students to be mindful of what zone they are in.

If you would like to find out more, please go to:

<https://zonesofregulation.com/learn-more-about-the-zones.html>