

Summary: Zones of Regulation

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Zones of regulation is an approach used to support the development of self-regulation in children. All the different ways children feel and the states of alertness they experience are categorized into four coloured zones. Behaviours can be "expected" or "unexpected." Some tools help to get people back to the "green zone."

<p>Why use Zones of Regulation?</p> <p>To teach students how to:</p> <ol style="list-style-type: none"> 1. Identify their feelings 2. Be aware of what zone they are in 3. Start to use tools to be in the appropriate zone for the moment <p>Some Tools:</p>	<p>WHAT ARE THE ZONES?</p> <p>There are four zones to describe how your brain and body feel.</p> <p>BLUE Zone – Your body is running slow, such as when you are tired, sick, sad or bored.</p> <p>GREEN Zone – Like a green light, you are "good to go." You body may feel happy, calm and focused.</p> <p>YELLOW Zone – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.</p> <p>RED Zone – This zone is for extreme emotions such as anger, terror and aggression. When you are in this zone, you are out of control, have trouble making good decisions and must STOP!</p>
	<p>CALMING TECHNIQUES</p> <p>The Six Sides of Breathing</p> <p>Lazy 8 Breathing</p>

****This approach is to support students in self-reflecting about their "zone" and provide tools to help students get to expected behaviours. This is not a behaviour approach or discipline model.****

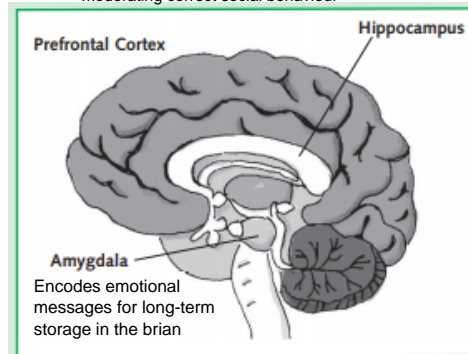
Model identifying your own feelings with zone language: "I'm frustrated and in the yellow zone. I'm going to practice breathing to get back to green."

Summary: Mind UP

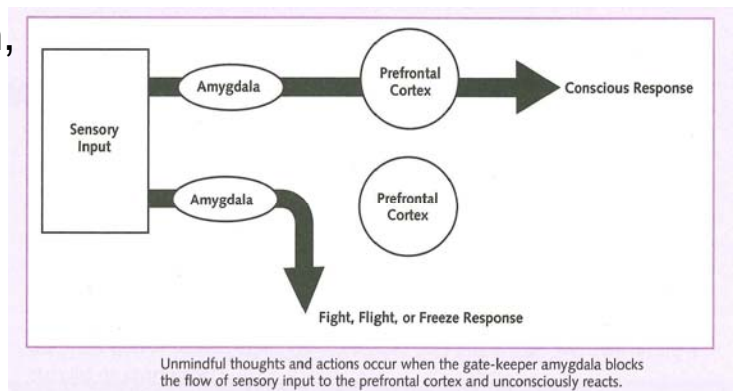
Based on brain science, Mind UP improves self-regulation skills, builds resilience to stress and develops a positive mindset. Practice lessons work well for transition times.

Learning about the brain, there are focused lessons on **breathing** and sharpening your **senses** (mindful listening, seeing, smelling, tasting and movement).

Thinking, planning complex cognitive behaviour, decision making and moderating correct social behaviour



Compares new learning to past learning and encodes information from working memory to long-term storage.



Getting to Know and Love Your Brain

There are three big helpers in your brain. One helps you make smart choices. One helps protect you from danger. And one saves your favorite memories and your ABCs. Can you name the three helpers?

Prefrontal Cortex

(pree-FRUN-tuhl KOR-teks)

I'm prefrontal cortex—PFC, for short. I help you solve math problems and get to know your favorite book and TV characters. Give me time to work, and I can help you make friends, or make the best decision in a tough situation.

Amygdala

(uh-MIG-duh-luh)

I'm amygdala and I'm here to keep you safe! I react FAST. If there's serious danger, I'll help you run, freeze, or fight back.

Hippocampus

(huh-puh-KAM-puhs)

I'm hippocampus and I'm like a scrapbook in your brain! I save everything important that you want to remember—from your ABCs to the names of all the people in your family. When something happens to make you smile, I'll save that as a happy memory!

Breathing to the rescue!

Breathe deep into your belly to stay calm and help your PFC think clearly.