

ZONES
OF
REGULATION

The title is presented in two lines. The top line features the word "ZONES" in large, bold, outlined letters, each a different color: Z (green), O (red), N (yellow), E (blue), and S (grey). A horizontal line is drawn below "ZONES". The word "OF" is written in a smaller, white, outlined font, centered under the line. The bottom line features the word "REGULATION" in large, black, outlined letters.

Supporting Your Child With the
ZONES of Regulation

The text is in a grey, rounded, sans-serif font. The word "ZONES" is highlighted with the same color scheme as in the title above: Z (green), O (red), N (yellow), E (blue), and S (grey).



The four colors in The Zones of Regulation help us to categorize our feelings so we can understand how we might regulate them. The 4 Zones are in a circular formation to represent how our feelings are fluid and that one Zone can blend into the next. This design illustrates the changing of our emotions, levels of energy and alertness that we move between and through in our daily lives.

The ZONES of Regulation



Blue Zone

Sad
Bored
Tired
Sick

Green Zone

Happy
Focused
Calm
Proud

Yellow Zone

Worried
Frustrated
Silly
Excited

Red Zone

overjoyed/Elated
Panicked
Angry
Terrified

BLUE ZONE –

Sad, Sick,
Hurt, Tired,
Lonely, Bored



What coping
strategy will
you chose?

Body is
running at a
"slow" speed

Energy Level = ???

BLUE ZONE –

Sad, Sick,
Hurt, Tired,
Lonely, Bored



**What coping
strategy will
you chose?**

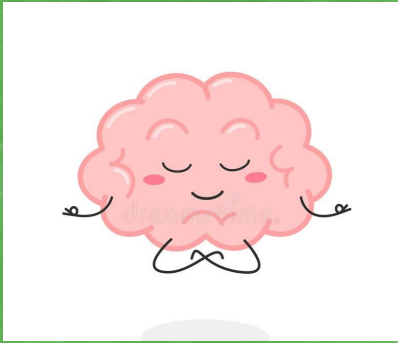
**Body is
running at a
"slow" speed**

Energy Level = Low



Energy Level = ???

GREEN ZONE
- Happy, Calm,
OK, Ready to
Learn



Energy Level = Just Right

GREEN ZONE
- Happy, Calm,
OK, Ready to
Learn

YELLOW ZONE -

Scared, Silly,
Nervous,
Frustrated,
Overwhelmed



**What coping
strategy will
you chose?**

**You need to stop
and think and
proceed with
caution**

Energy Level = ???

YELLOW ZONE -

Scared, Silly,
Nervous,
Frustrated,
Overwhelmed



**What coping
strategy will
you chose?**

**You need to stop
and think and
proceed with
caution**

Energy Level = Increasing

RED ZONE –

Mad, Mean,
Angry,
Terrified,
Aggressive,
Out of Control



What coping
strategy will you
chose?

You are being
a danger to
yourself or
your
classmates.
You are
having
troubles
making good
choices and
need to **STOP**

Energy Level = ???

RED ZONE –

Mad, Mean,
Angry,
Terrified,
Aggressive,
Out of Control



What coping
strategy will you
chosed?

You are being
a danger to
yourself or
your
classmates.
You are
having
troubles
making good
choices and
need to **STOP**

Energy Level = Too Much

Tools for Each of My ZONES

When I feel...

I can try...

Tired or Sad



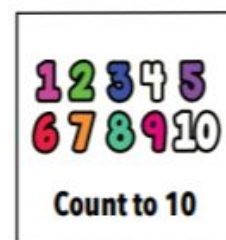
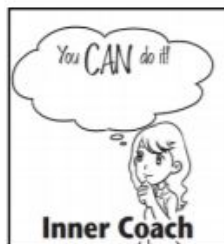
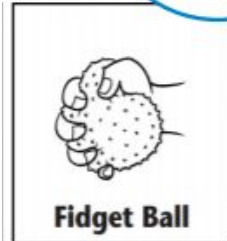
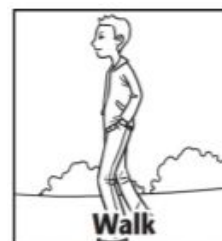
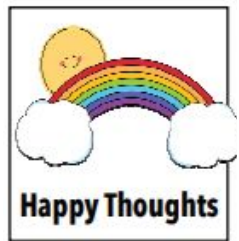
Calm or Happy



Frustrated or Silly



Angry or Mad



**There are no good
or bad Zones**



The goal is to use
coping tools/strategies
to manage the zone
you are in!

Use tools to manage your feelings until you return to the Green Zone

Find the “Tools” or Coping Skills that work the best for your child.

What zone am I in?



Use tools to get in the green zone.



Resources:

[Mills Park Elementary
Counseling Website](#)

[What is Zones of
Regulation? FAQs](#)

[Zones Introduction](#)

[Zones Toolbox Videos](#)

[More Zones Tools](#)

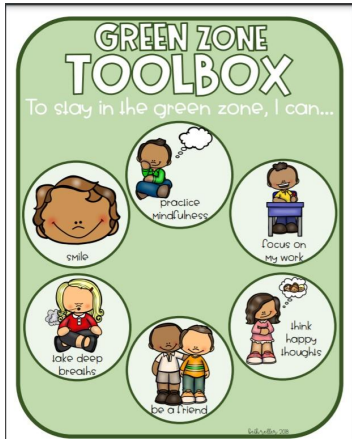


Student Support Services Team

School Counselors -
Teri Armstrong (K-2)
Nancy Stavrakakis (3-5)

School Psychologist -
Kristen Johnson

School Social Worker -
Maira Conlon



- Thank you for supporting your child(ren)!
- You are doing a wonderful job!
- We hope this Zones of Regulation information will be beneficial for you and your child(ren).

