

THE **ZONES** OF REGULATION™

A FRAMEWORK TO FOSTER SELF-REGULATION AND EMOTIONAL CONTROL

Created by Leah Kuypers, MA Ed., OTR/L

At Home

**LIFE IS 10% WHAT HAPPENS TO US AND
90% HOW WE REACT**

-CHARLES SWINDOLL

The presentation has been adapted and expanded by Jacqui Donley, based on the original work, The Zones of Regulation™ Curriculum by Leah Kuypers 2011, ©Think Social Publishing, Inc. All Rights

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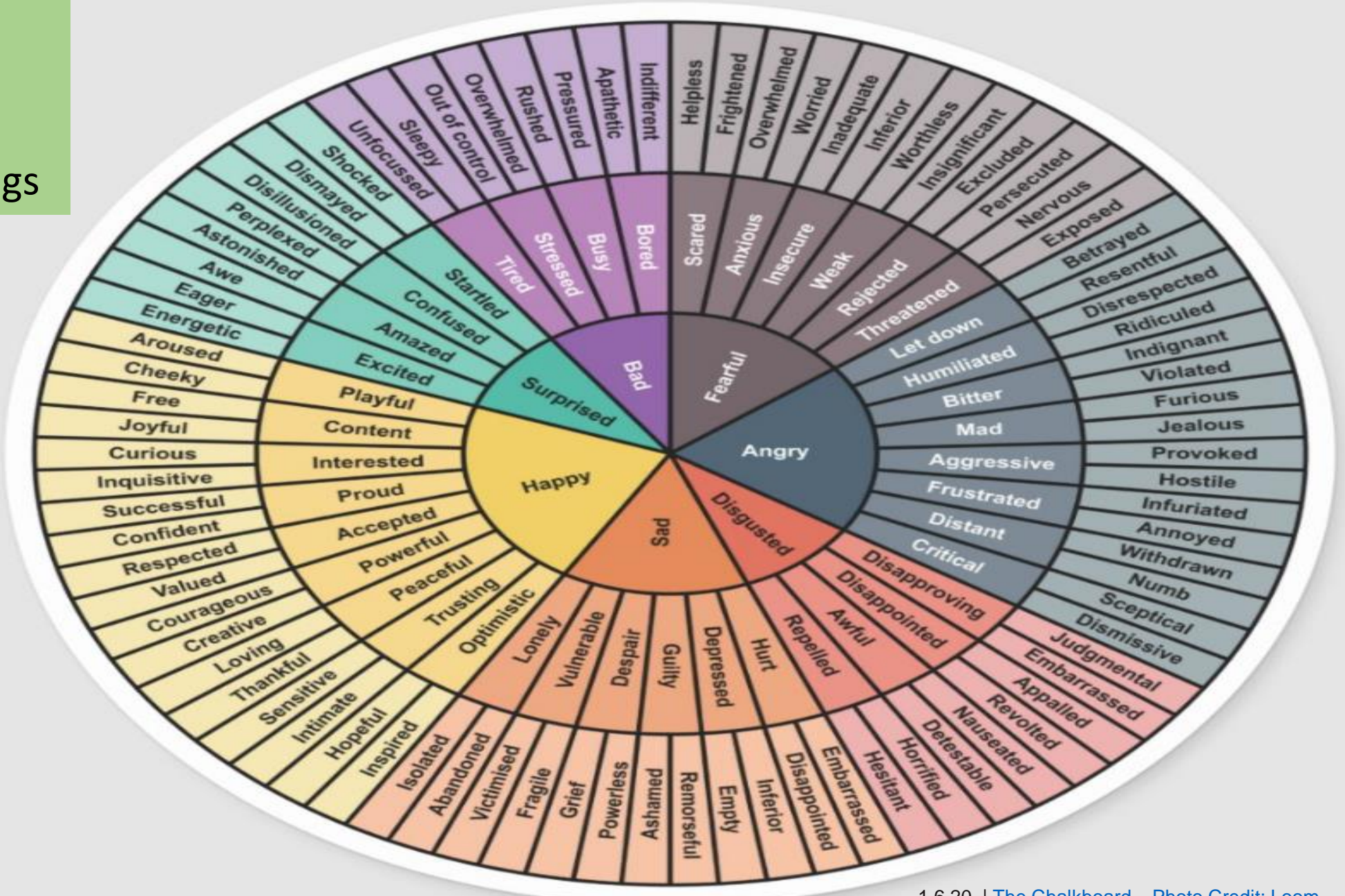
Questions and Chat at 4.50pm on the same Zoom link.

The Goal of the Zones of Regulation


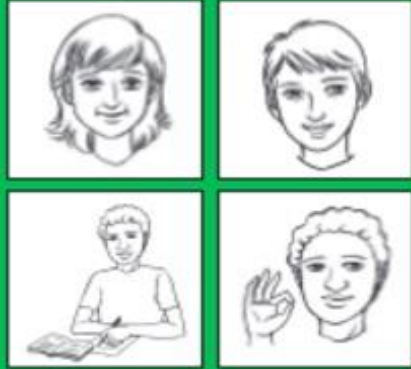


Self-regulation is something everyone continually works on whether or not we are aware of it. **We all encounter trying circumstances that test our limits from time to time.** If we are able to recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. **With good role models and support, this comes naturally for some; for others, it is a skill that needs to be taught and practiced.**

Self - regulation is the goal of The Zones of Regulation (or Zones for short).

The vast variety of Emotions and feelings



The **ZONES** of Regulation[®]

| | | | |
|---|--|--|--|
|  |  |  |  |
| BLUE ZONE Sad Sick Tired Bored Disappointed Isolated | GREEN ZONE Happy Calm Feeling Okay Focused Creative Hopeful | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Inspired Joyful | RED ZONE Mad/Angry Mean Terrified Elated Powerful Overwhelmed |

low states of alertness and down feelings

a heightened state of alertness and elevated emotions

a calm state of alertness

extremely heightened states of alertness and intense emotions

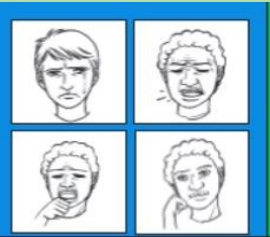
What about challenging behaviours?



- Shouting, slamming doors, screaming, breaking things, running away, – behaviours associated with feelings of the Red Zone?



- Refusing, argumentative, short fuse, challenging, being mean, restless, not sleeping – behaviours of the Yellow Zone?



- Grumpy, sleepy, withdrawn, tearful, yawning, ‘can’t be bothered’, lethargic – behaviours associated with feelings of the Blue Zone?

- Why a ? – Because it is the level of alertness and how elevated the emotion is that determines the Zone – not the feeling or the behaviour in itself.

Summary

THE ZONES OF REGULATION®

- The goal of the Zones of Regulation is Self – Regulation
- There are 4 zones: Blue, Green, Yellow and Red
- Alertness and strength of emotion determines the Zone
- The Green Zone is best for learning and good relationships
- Both good and bad feelings are found in all zones – therefore a Zone is neither good nor bad – it's just a description

So why bother to learn to self regulate?

- It is a good skill to have – emotionally and physically
- Our behaviour affects the way others respond to us

- Both immediately

and

- In the longer term

It is good - emotionally and physically

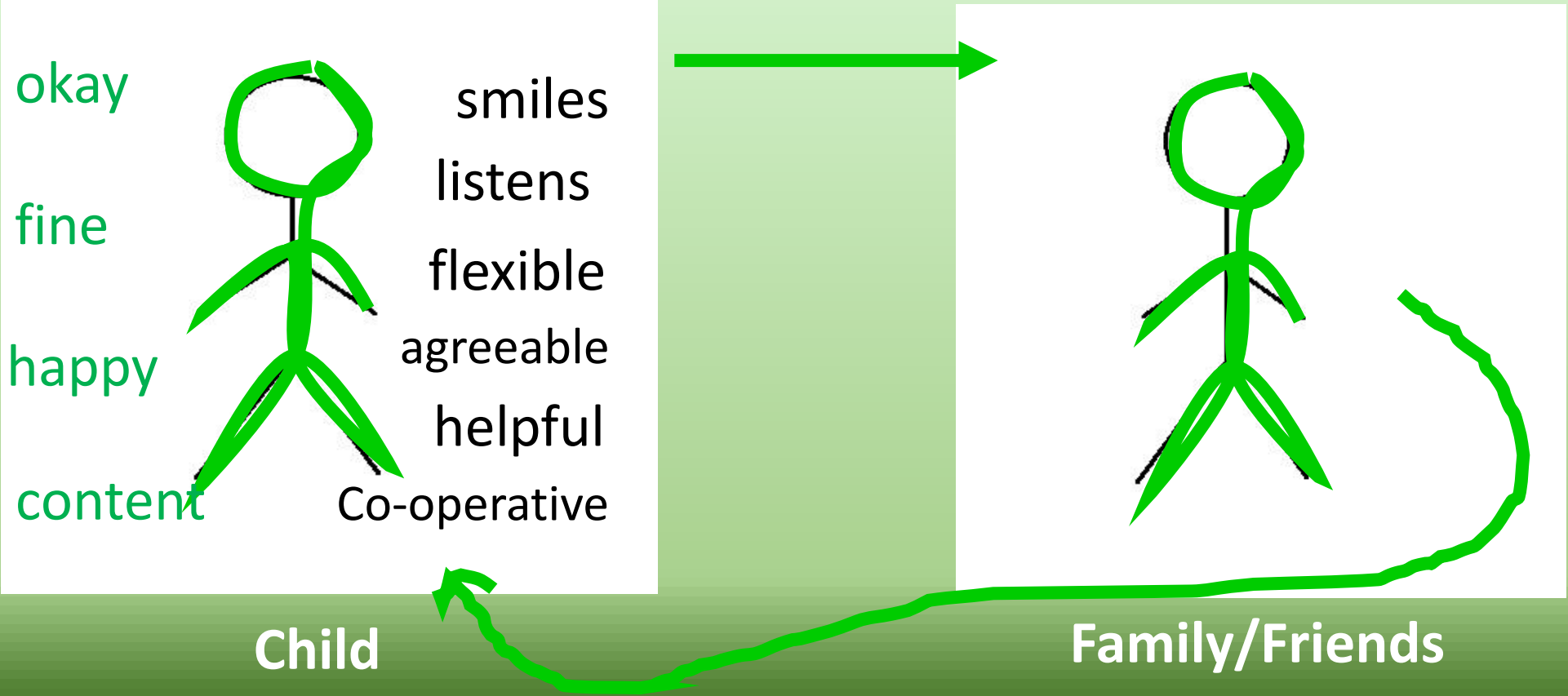
HAPPINESS IS



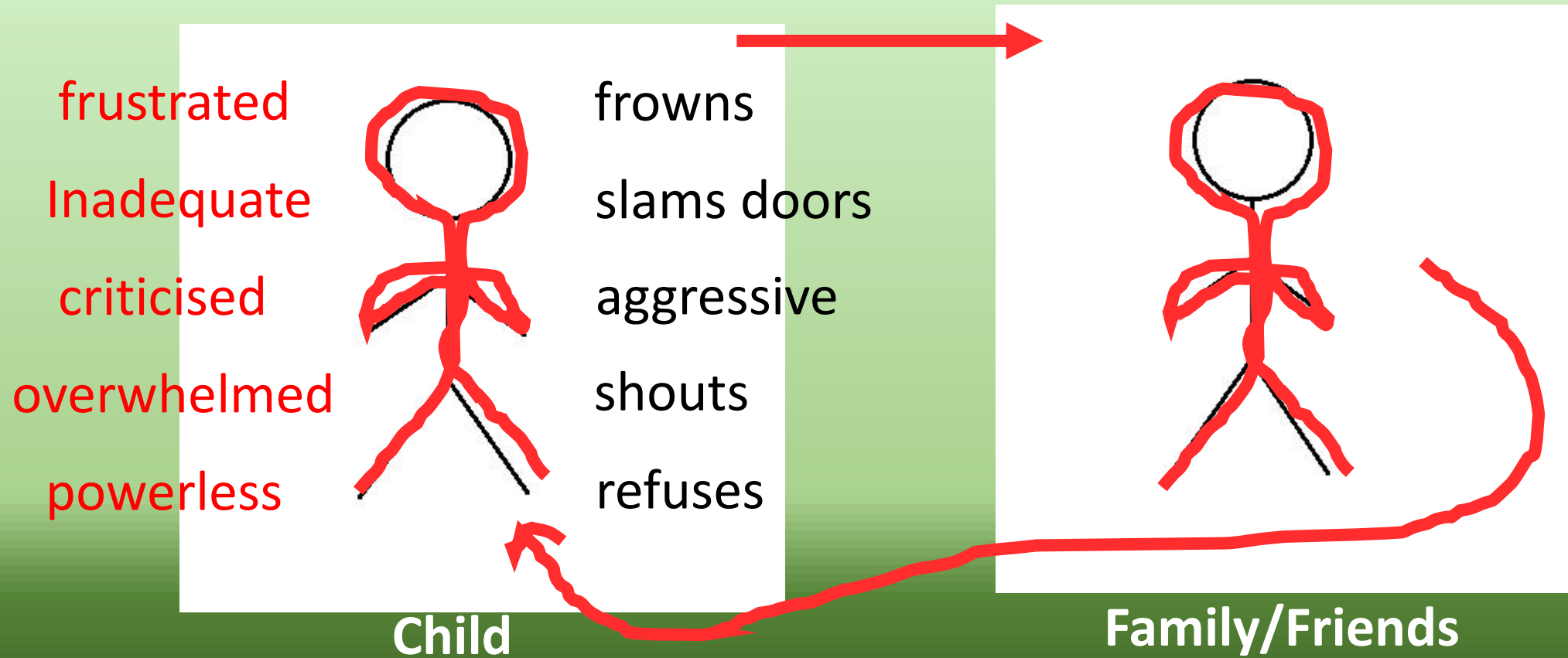
...feeling in control.



Our behaviour affects the way others respond to us - immediately

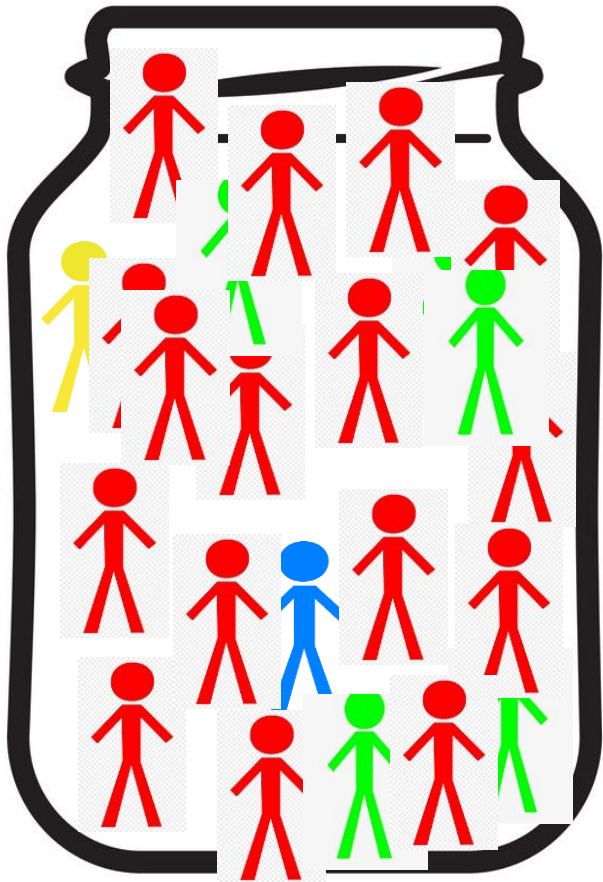


Our behaviour affects the way others respond to us - immediately

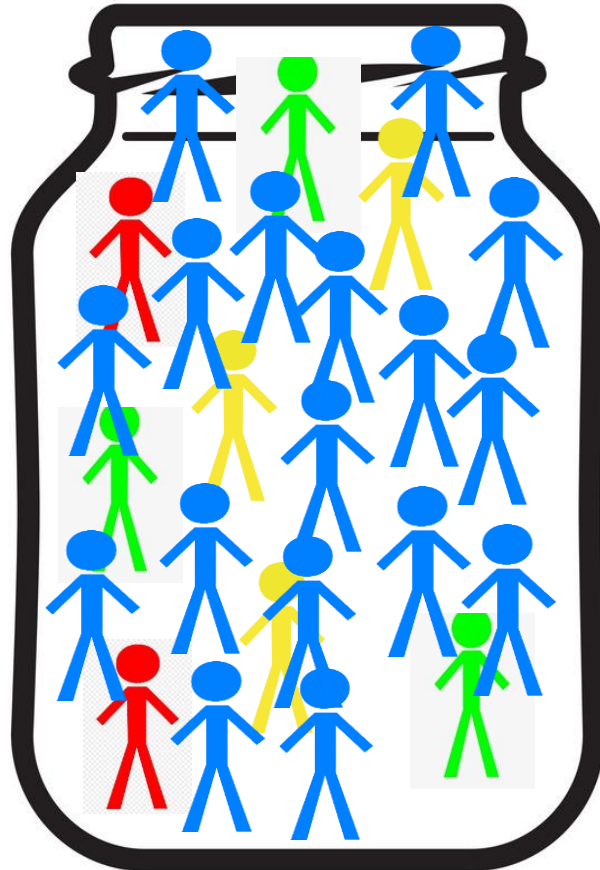


Our behaviour affects the way others respond to us - long term

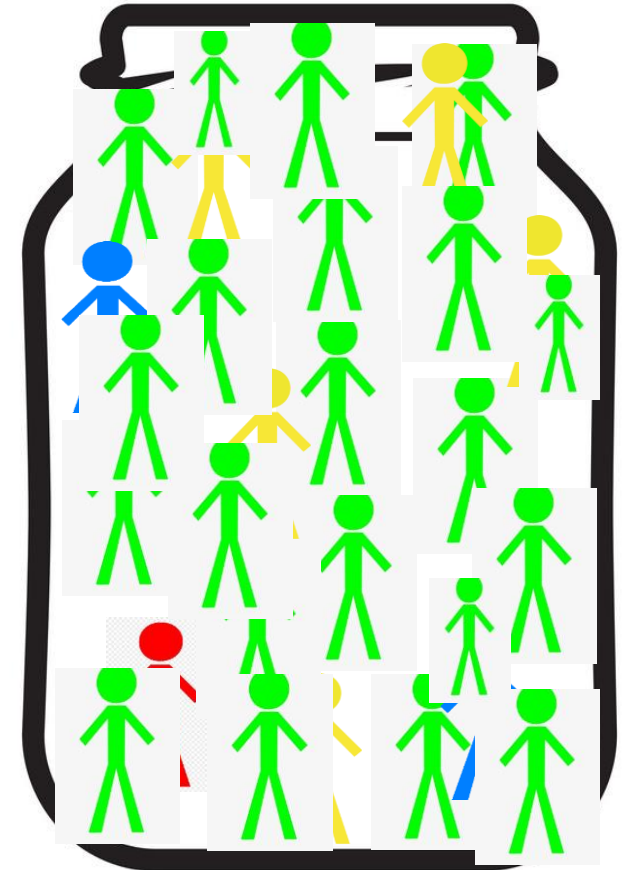
A



B



C



Summary - So why bother to learn to self regulate?

HAPPINESS IS



...feeling in control.

HAP5077
facebook.com/itssthehappyguy

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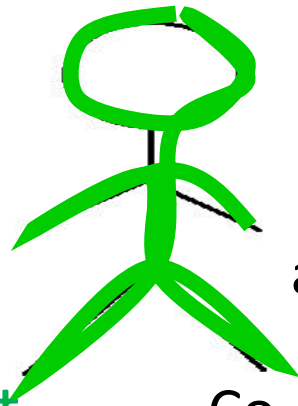


okay

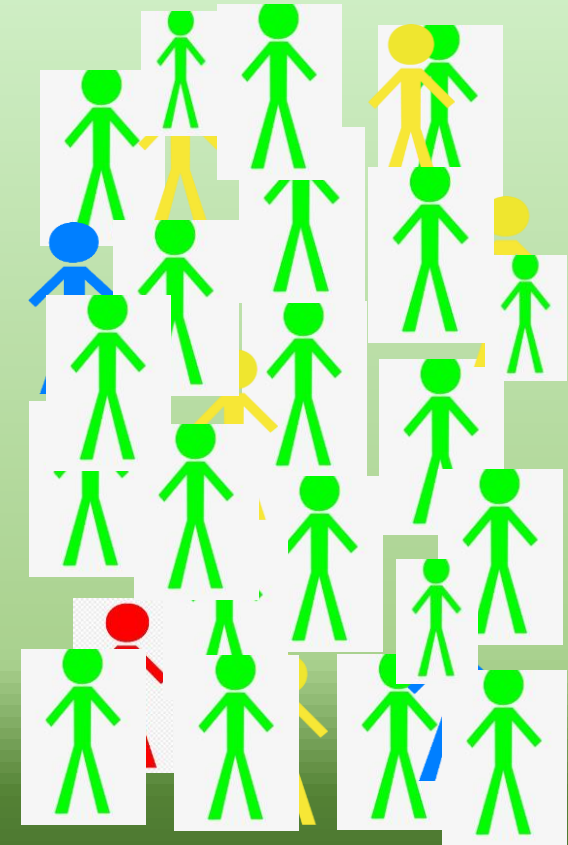
fine

happy

content



smiles
listens
flexible
agreeable
helpful
Co-operative



Self – Regulation can be Hard to Learn

- Small problems *feel like* **BIG PROBLEMS**
- Poor self confidence / self esteem
- **My way is the only way**

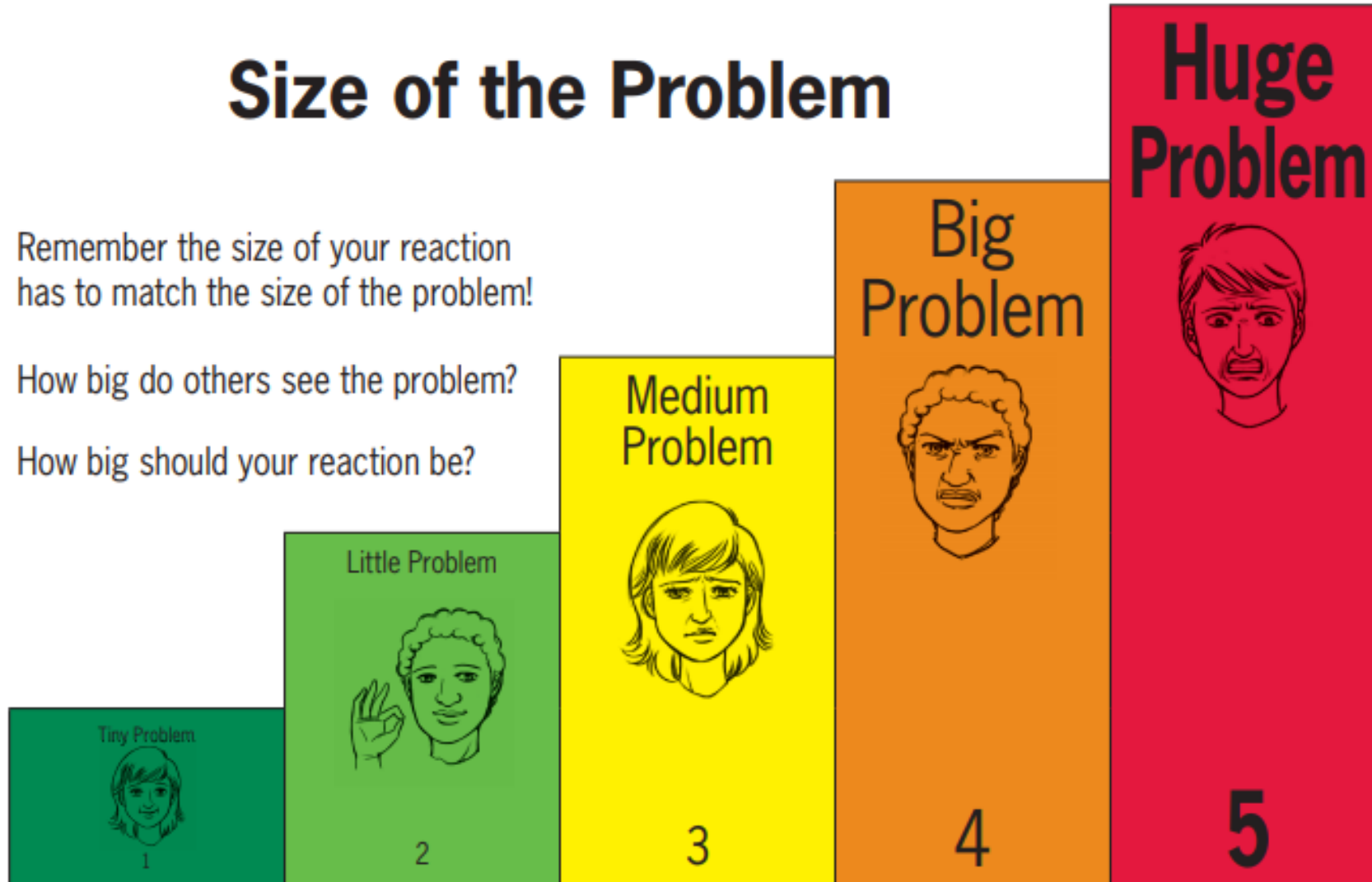
Keeping things in perspective

Size of the Problem

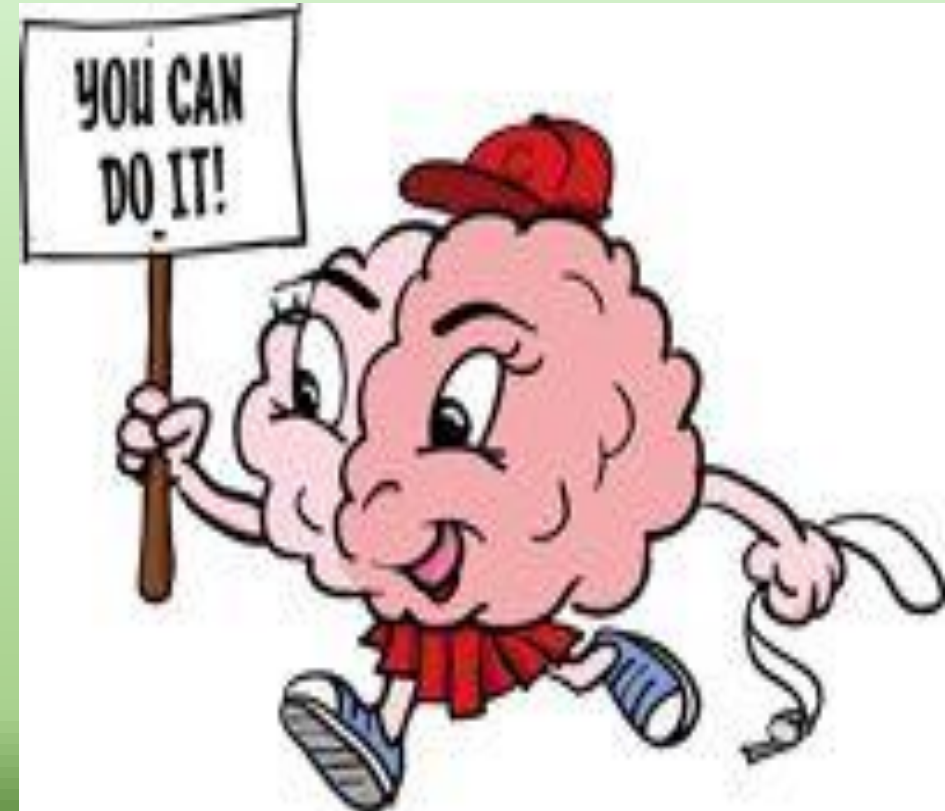
Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Inner Critic vs Inner Coach





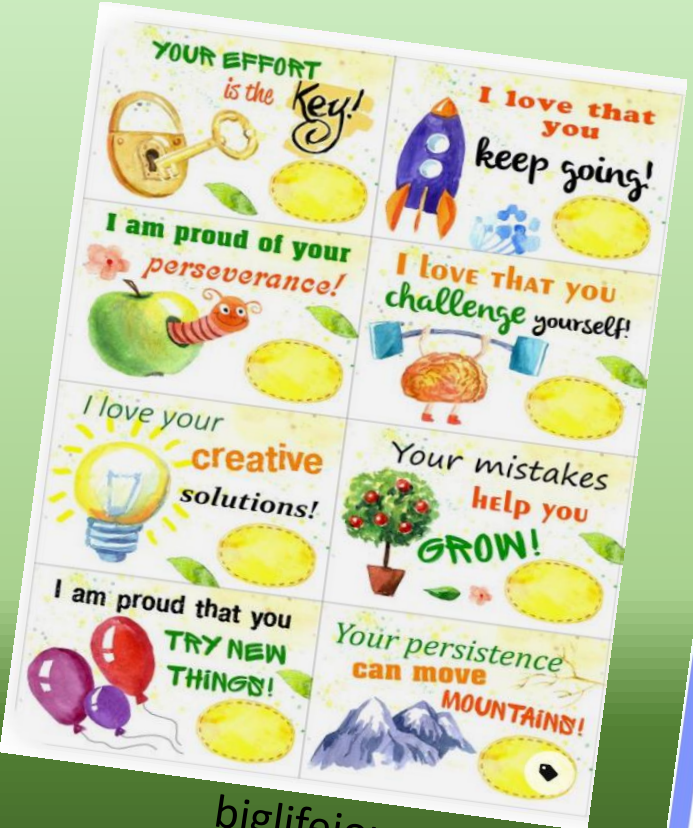
Enrichment Therapy and Learning Center



Kiddie Matters.com



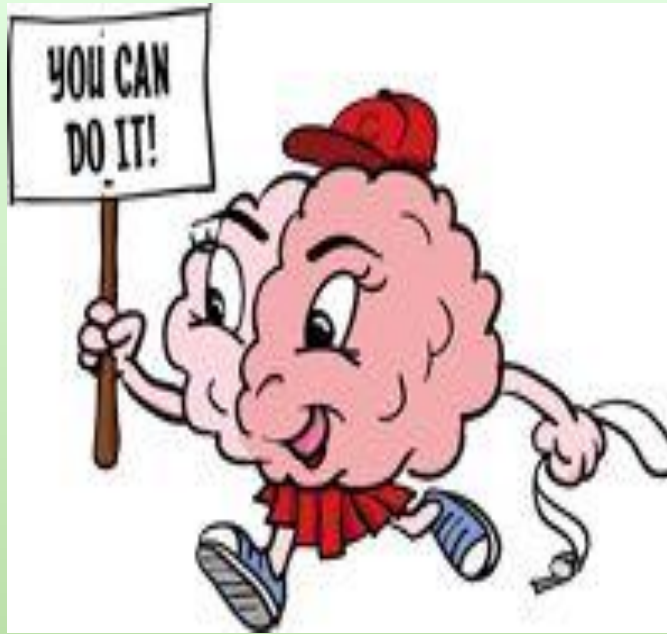
PRINTABLE POSTER @ CHILDHOOD101.COM



biglifejournal.com



twinkl www.twinkl.co.uk



Be your child's cheer leader!

Flexible Thinking vs Rigid Thinking

Superflex

is a
Superhero



He helps you:

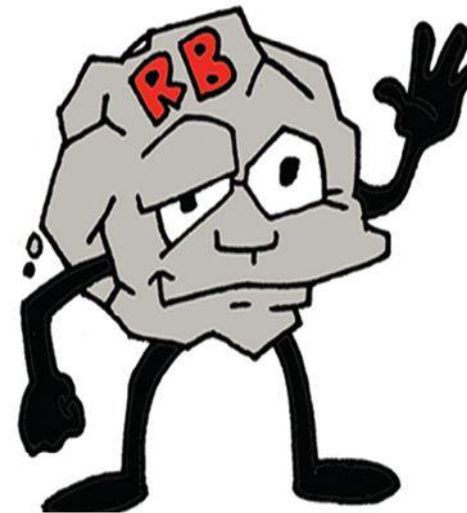
Be a totally flexible thinker
which allows you to control your
brain and change how you think

Think about how to act and
behave to keep others and
yourself feeling good (rainbow
thoughts)

Be a great problem-solver
and think of many different
solutions to one problem

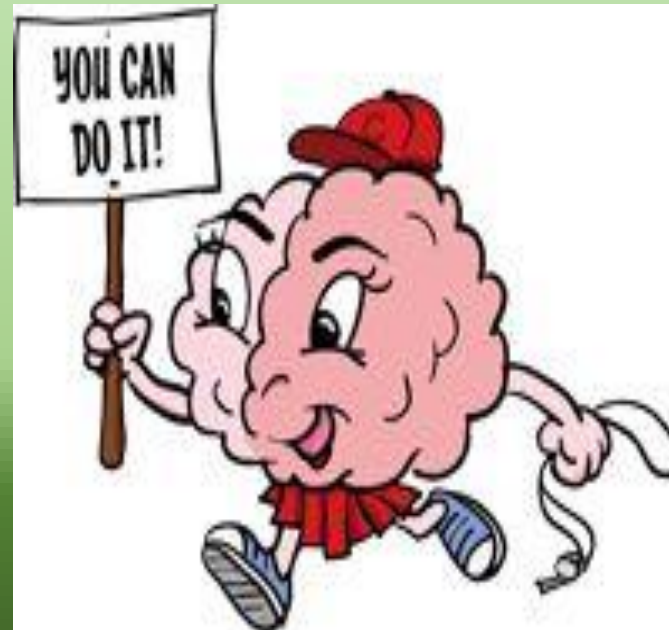
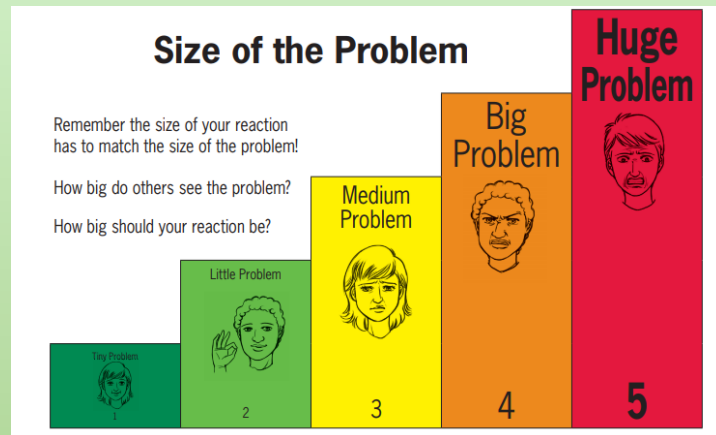
Notice when an UNTHINKABLE
is becoming more active in your
brain and come up with a
strategy to defeat it.

Rock Brain




Person gets stuck on their
idea of what they want to
do and will not negotiate
with other people. The
person is not a good
problem-solver and tries
one solution that's not
working over and over
again. This person may be
very rule bound and have
rigid thinking, only seeing
one way in a situation.

Summary - Self – Regulation can be Hard to Learn



Superflex
is a
Superhero



He helps you:

- Be a totally flexible thinker which allows you to control your brain and change how you think
- Think about how to act and behave to keep others and yourself feeling good (rainbow thoughts)
- Be a great problem-solver and think of many different solutions to one problem
- Notice when an UNTHINKABLE is becoming more active in your brain and come up with a strategy to defeat it.

So how can we help a child learn self regulation?



The aim of the Zones is to help teach Self Regulation



Self Regulation Tools

Which of these do you do / what other things do you do?

Walk the dog

Talk to friends / family

Have a bath

Play on the xbox / playstation

Get an early night

Make a cake / bake some bread

Clean the house / car

Meditation / Pray / Mindfulness Activity

Listen to music

Do some exercise – a run, the gym, yoga

Scented candles

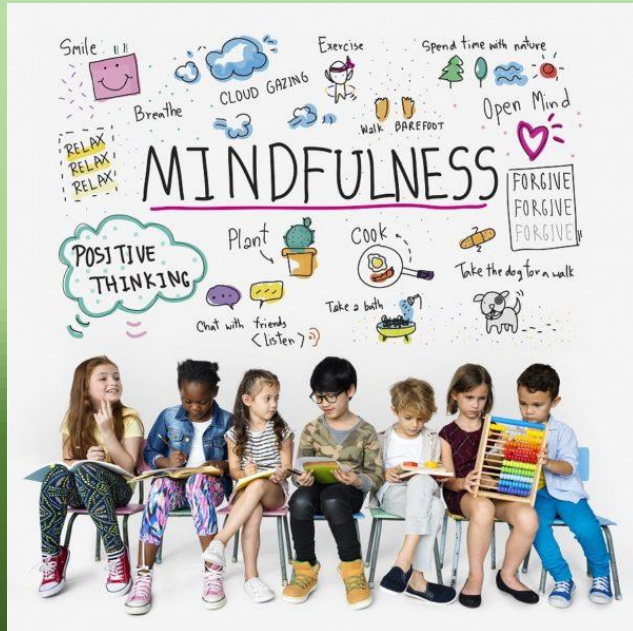
Have a cup of tea / mug of coffee

Do some gardening

Read a book / the paper / a magazine

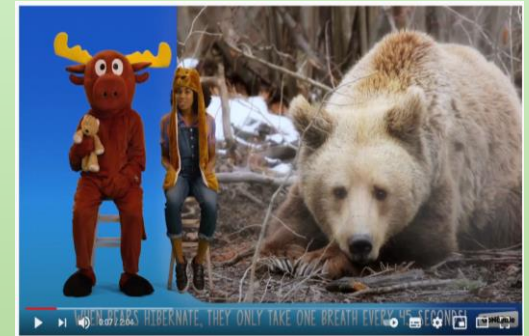
Watch TV or film

Do a hobby – Crochet, Painting, Suduko





Calming ideas



Further Resources and Support

[South Hill Primary - Well Being Page](#)

Online Support Gp-lone parents

- Mindfulness Sessions
- Nessie Workshops Jan-Mar
- Supporting Links Courses
- Family Services Courses
- Virtual 1-1 Sessions (Gade)
- DSPL8 Raise Resilience
- What is Domestic Abuse?
- Domestic Abuse Helpline
- Coronavirus & Your Wellbeing
- Wellbeing of Children
- Mental Health W/shop
- Family Support Team
- Growth Mindset
- Seven Things To Try
- The Power of Play
- Building Resilience

Children's Mental Health Week

- Activites
- 7 day family challenge
- Express Yourself
- 5 ways to wellbeing

2020 was a significant year in history and we were all part of it. This project is inviting children to write a letter to a child in 2030 telling them what life was like in 2020.

Post it to the National Literacy Trust.

Some letters will form part of an exhibition in the Postal Museum.

[Click here for more information](#)

Telephone Support Line for Pupils aged 10+

Herts Mind Network have launched a new early intervention and prevention helpline for children and young people aged 10-17 in Herts. The helpline will provide a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information, signposting and discuss coping strategies. For opening hours and more information please visit the website: [Herts Mind Network](#)

Message from CAMHS Crises Assessment & Treatment Team (C-CATT Team)

The NHS and local hospitals are really busy at the moment so if you are experiencing a mental health crisis, the quickest way to get help at anytime, day or night, is to call our free telephone number **0800 6444 101** or call **NHS111 and select option 2** for mental health services. The advice is for children and young people to contact this helpline number before attending A&E.

[BeeZee Bodies](#) is a team of nutritionists and behaviour change experts who run weight management programmes for children and

Activities to Support Good Mental Health

- Wellbeing Journal Pack Friday
- Wellbeing Journal Pack Thursday
- Wellbeing Journal Pack Wednesday
- Wellbeing Journal Pack Tuesday
- Wellbeing Journal Pack Monday
- Healthy Eating Board Game
- Healthy Eating Wordsearch
- Positivity Powers
- Mindfulness Colouring
- Take a minute
- Pet Show Yoga Story
- Self-esteem Builder
- Mindfulness Games
- Things to Look Forward to Jar
- Mindful Breathing with Teddy
- Yoga Poster
- Yoga Cards
- Mindfulness Challenge Cards
- Kind Words Colouring Activity
- How Do People See Me Activity
- Confidence Boosters
- Mindful Minute Brainbreaks
- I am an Amazing Person
- 7 Wellbeing Activities
- 30 Mindful Moments

[Gade Family Support - self-help-guides](#)

Gade Schools Family Support
Contributing to Life's Journey

Kings Langley Partnership of Schools

Home About Us Partnership Schools Whats On **Important Info**

- The Importance of Sleep
- Understanding and Managing Anxiety
- Understanding and Managing Panic Attacks
- Understanding and Managing Stress
- Developing a Resilience Plan
- How to Cope with Anxiety
- Improving Self Esteem
- Low Mood and Depression
- Managing Anger
- Managing Self Harm

Search the web – there is masses out there

Contact me: 01442 402127 or jdonley@southhill.herts.sch.uk

Contact Gade Family Support:
<http://www.gadeschoolsfamilysupport.co.uk>

Emma Christie (admin):
01442 278793
christiee.gadesfs@kls.herts.sch.uk

REMINDERS FOR HARD DAYS

WHOLEHearted
SCHOOL COUNSELING

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances.
You are LOVABLE and ENOUGH always.
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength.
9. You're not alone. It's okay to ask for help. *And be vulnerable.* ^
10. Focus on the things you can control.
Let go of the rest. *This is easier said than done.*



WHOLEHearted
SCHOOL COUNSELING

Thank You for Watching

Any questions?

01442 402127 ask to speak to me: Mrs Donley
Or if you would prefer – please email me on:
jdonley@southhill.herts.sch.uk