



Flourish
Specialist Education Services



Zones of Regulation

Lisa Lewis
Roger Ascham Primary school
Parents coffee morning

1st May 2025

Which sheep are you today?

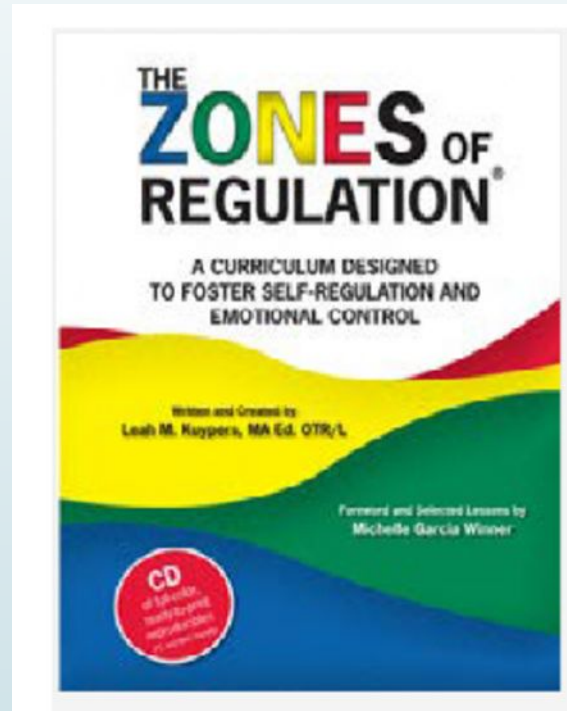
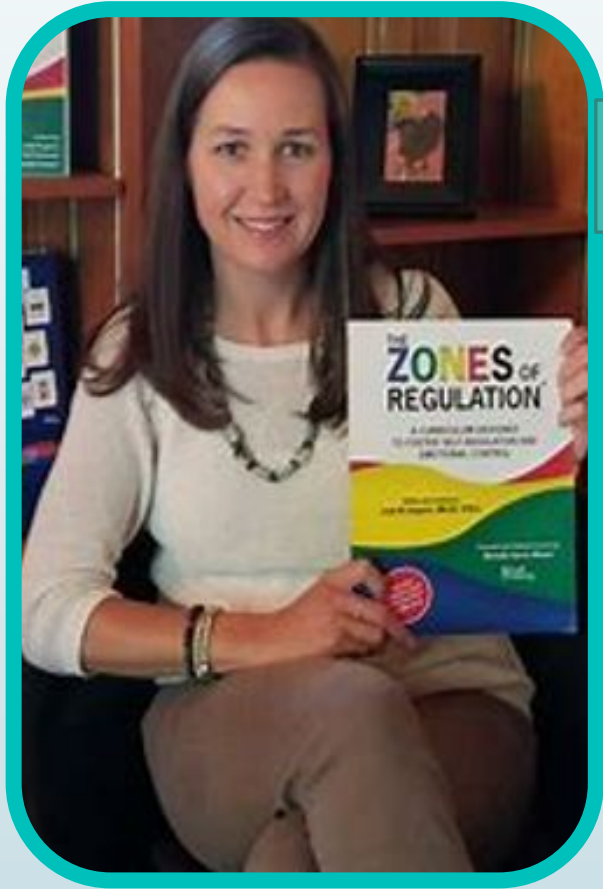


The background

Self-regulation challenges



Leah Kuypers



Zones of regulation

The Zones of Regulation® by Leah Kuypers. Published by and available through Think Social Publishing, Inc.

www.socialthinking.com

Incredible 5 point scale

Noise Level Chart

1	Voices Off	
2	Whisper	
3	Quiet Talk	
4	Loud Voice	
5	Presenting	
6	Outside	

How Big is My Problem?

5	Emergency You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).	
4	Gigantic problem You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).	
3	Big problem You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).	
2	Medium problem	

A "5" is Against the Law!

Social Behaviors

5	Physically Hurtful or Threatening Behavior	
4	Scary Behavior	
3	Odd Behavior	
2	Reasonable Behavior	
1	Very Informal Social Behavior	

Kari Dunn Buron and Mitzi Curtis

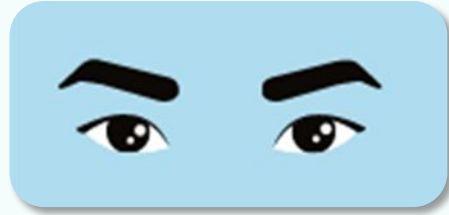
Visual tool to teach behaviour as well as social and emotional concepts

Feelings Chart

	How I feel	What I can do
5	 I need some help!	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
4	 I'm really upset.	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
3	 I've got a problem.	<input type="checkbox"/> Let a teacher know that you have a problem and need some help <input type="checkbox"/> Play with your squishy thing <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
2	 Things are pretty good.	<input type="checkbox"/> Play with my squishy thing <input type="checkbox"/> Think of my favorite things <input type="checkbox"/> Say "I'm going to be O.K." to yourself! <input type="checkbox"/> Take 3 or 4 deep breaths
1	 Feeling Great!	<input type="checkbox"/> Enjoy the feeling! <input type="checkbox"/> Have fun



Auditory (hearing)



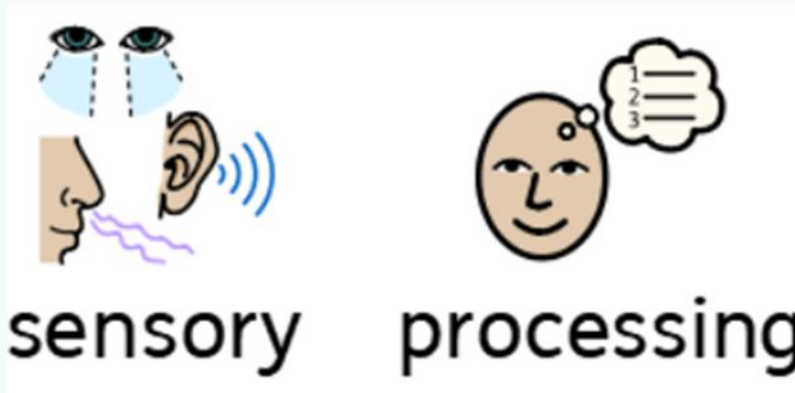
Visual (sight)



Olfactory (smell)



Tactile (touch)



sensory

processing



Gustatory (taste)



Proprioception

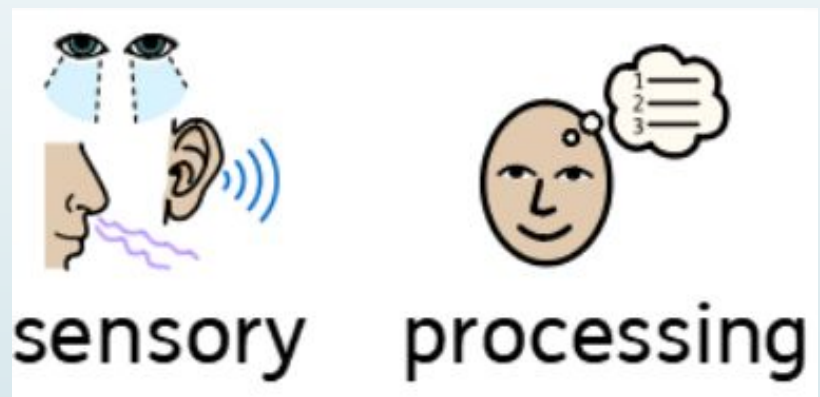


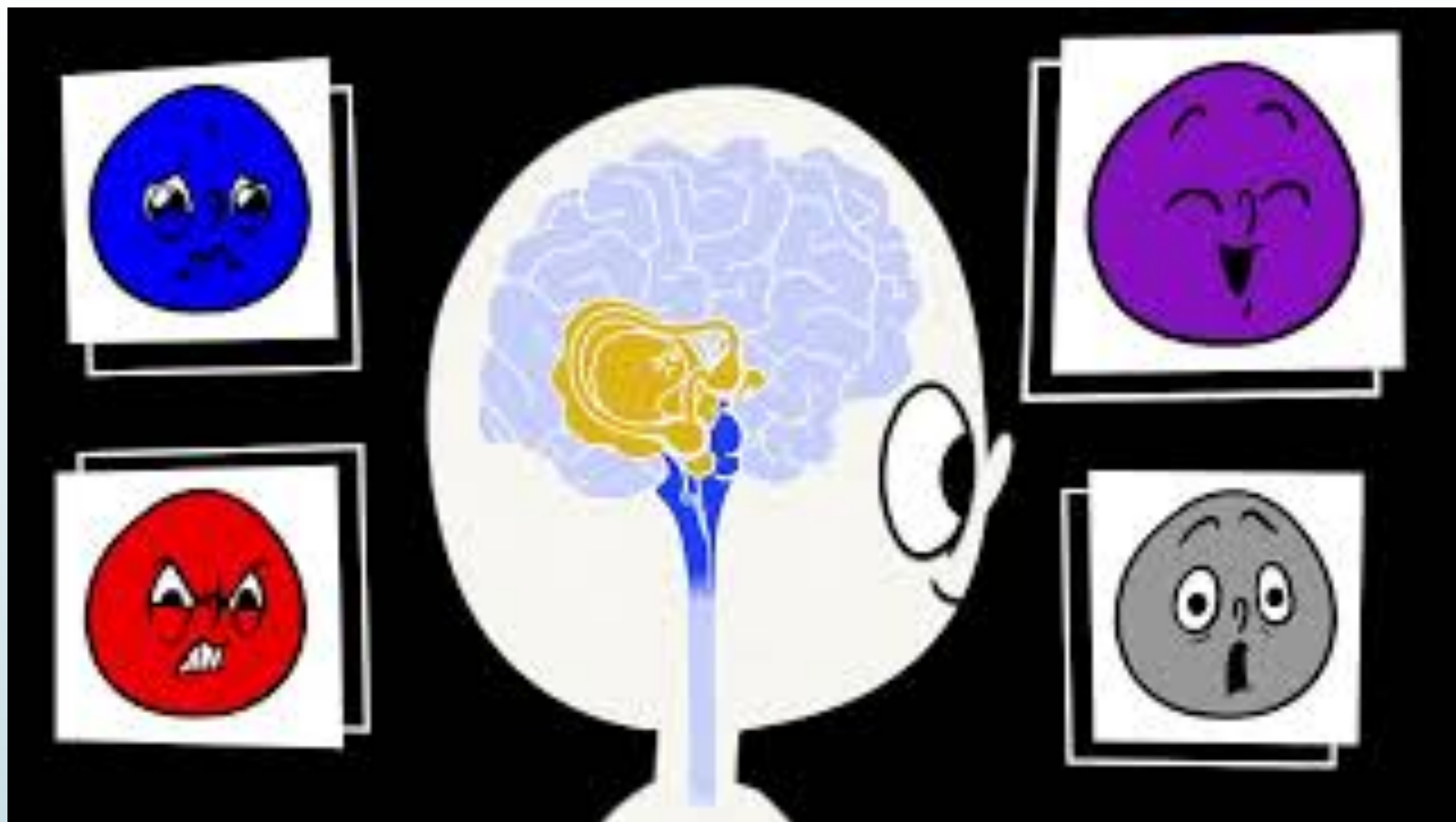
Interoception



Vestibular

**Roger
Ascham**
PRIMARY SCHOOL



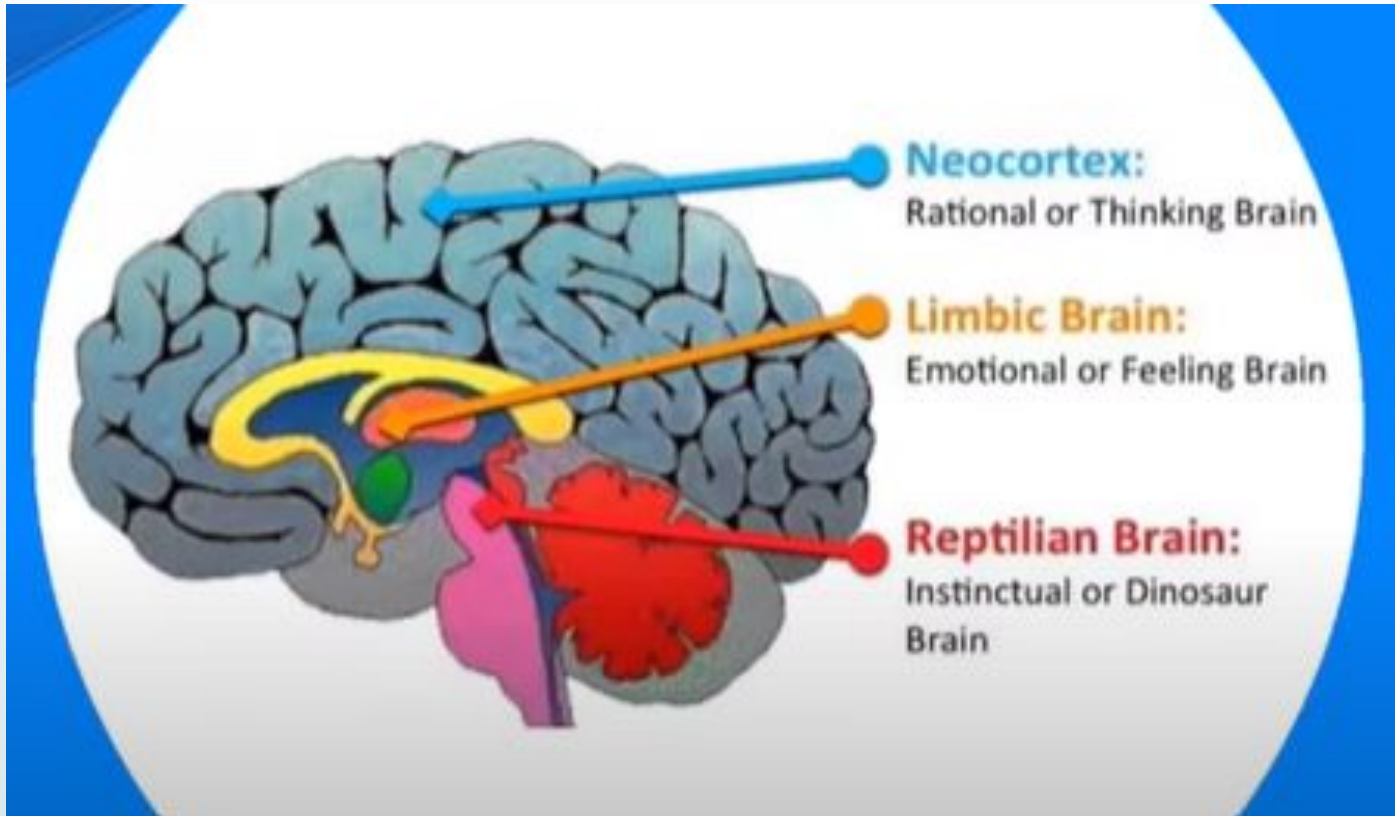


Reptilian brain

Basic survival functions

Automatic behaviours

Operate instinctively



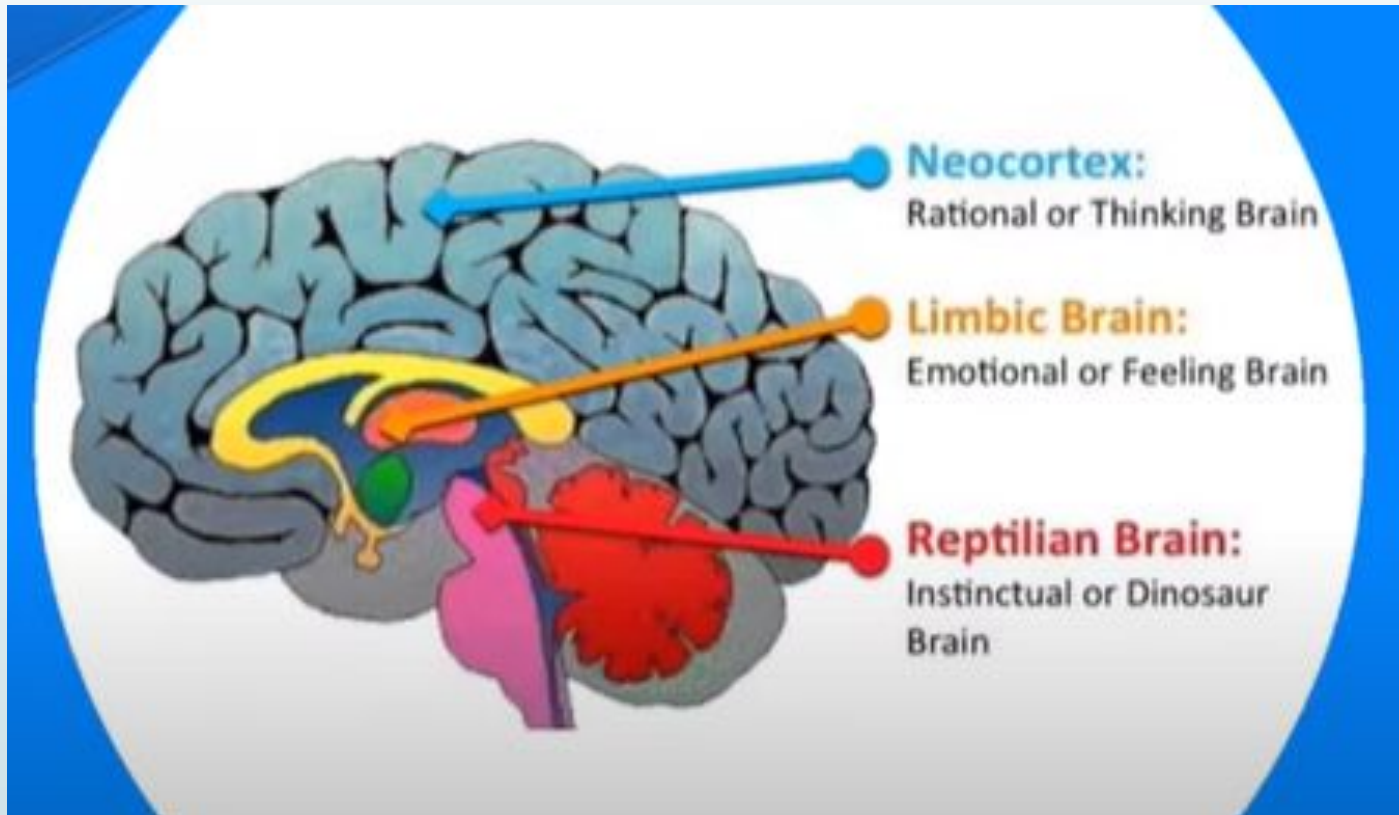
Rational brain

Logical thinking

Reasoning

Executive functioning

Self-regulation



Limbic brain

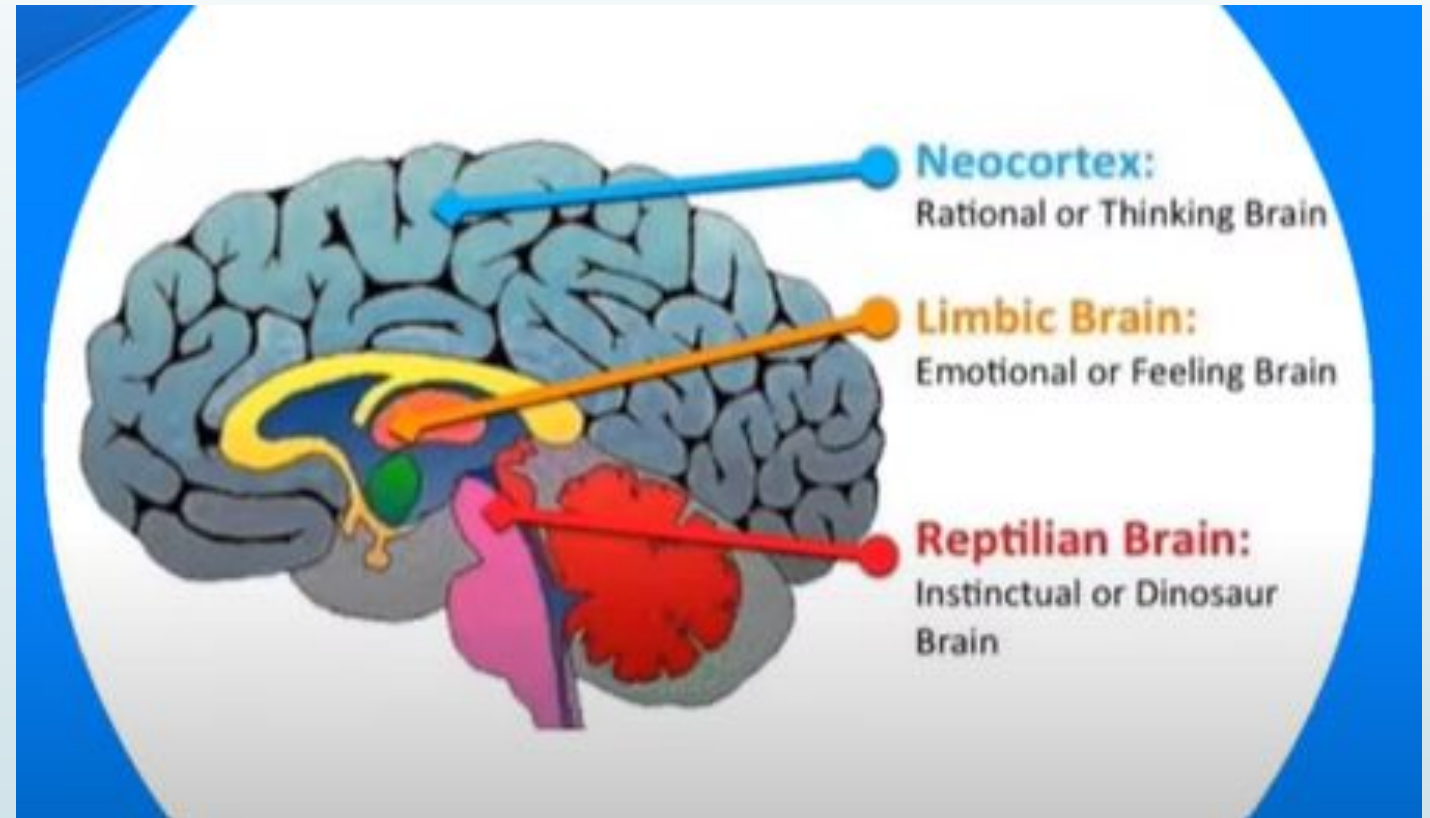
(emotional brain)

Triggers strong emotions

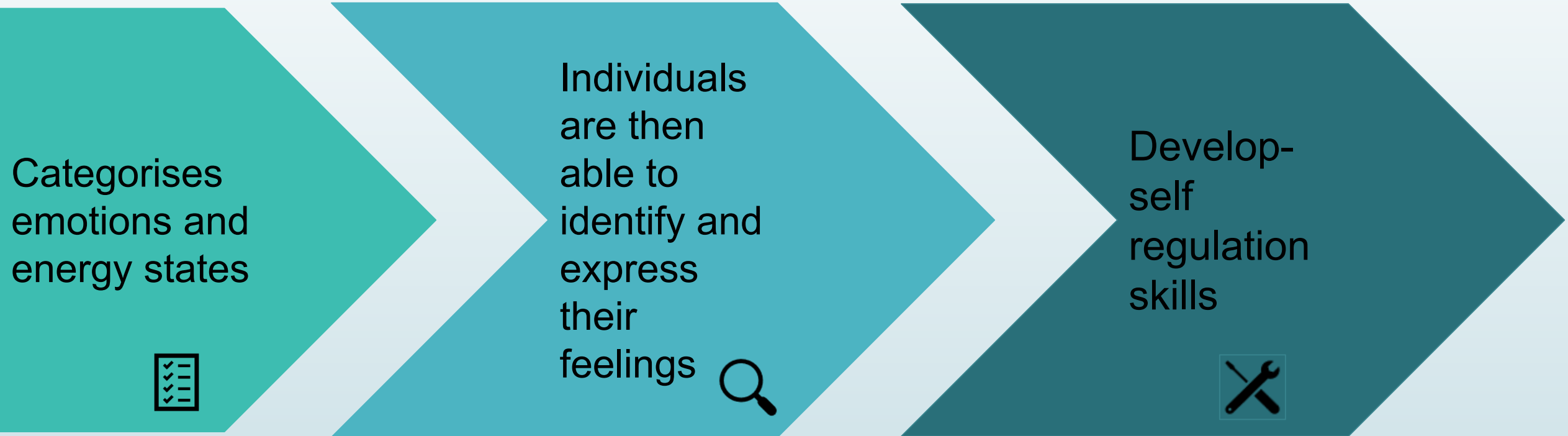
Motivation and behaviour

Memories

Habits



The Zones of Regulation framework



Blue zone

Blue zone



sad



tired



ill



bored

Blue zone



sad



tired



ill



bored

Yellow zone

Blue zone



sad



tired



ill



bored

Yellow zone



silly



worried



frustrated



excited

Blue zone



sad



tired



ill



bored

Red zone

Yellow zone



silly



worried



frustrated



excited

Blue zone



sad



tired



ill



bored

Red zone



anger



distressed



out of control



terror

Yellow zone



silly



worried



frustrated



excited

Green zone

Blue zone



sad



tired



ill



bored

Red zone

Yellow zone



anger



distressed



out of control



terror



silly



worried

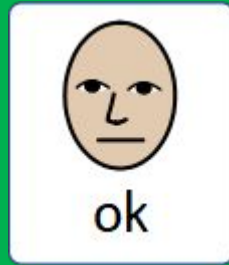
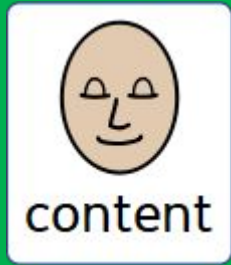


frustrated

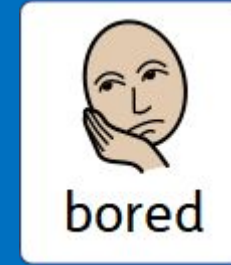
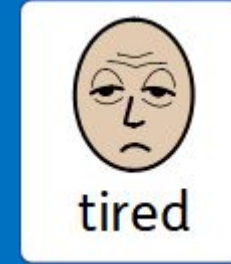


excited

Green zone



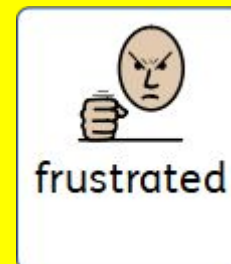
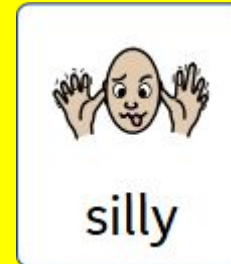
Blue zone

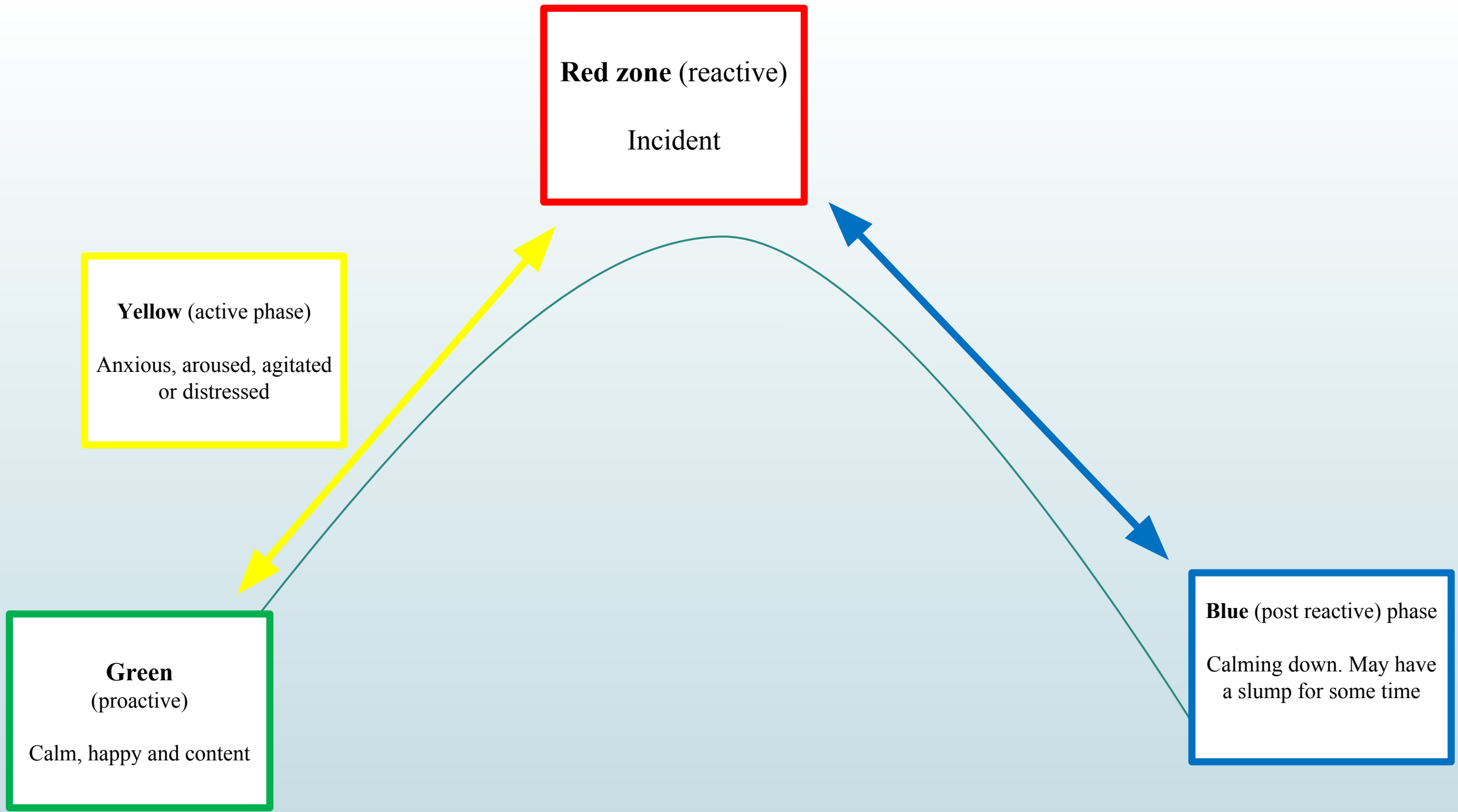


Red zone



Yellow zone





Red zone (reactive)

Incident

Yellow (active phase)

Anxious, aroused, agitated
or distressed

Green
(proactive)

Calm, happy and content

Blue (post reactive) phase

Calming down. May have
a slump for some time

ZONES OF REGULATION



SAD



HAPPY



FRUSTRATED



ANGRY






SPORTS FILE 26 May 2013; Cillian Brennan, Doora / Ballyfield, Co. Clare, is tackled by Razari Dunne, Kiltigh, Co. Offaly, right, during the mixed U11 Mini Rugby competition final, Community Games May Festival 2013.




dreamstime.com ID 1115649532 © Anutr Yossundara



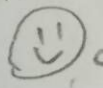
the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones! 


Times I may be in the BLUE ZONE...

I's when my brother hits me and I like cry. 


Times I may be in the GREEN ZONE...

I's when I am proud of my self of finishing  on my work time.

Times I may be in the YELLOW ZONE...

when I get embarrassed for me reading  in front of the class

Times I may be in the RED ZONE...

when I get mad at my brother and he get mad at me. 

6.3.25


The ZONES of Regulation® Reproduction #1

Which ZONE Would I Be In?


All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the BLUE ZONE...




Times I may be in the GREEN ZONE...




happy

Times I may be in the YELLOW ZONE...



Times I may be in the RED ZONE...

scared



angry

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The ZONES of Regulation® Reproduction #1

Which ZONE Would I Be In?

All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the BLUE ZONE...



Times I may be in the GREEN ZONE...



Times I may be in the YELLOW ZONE...



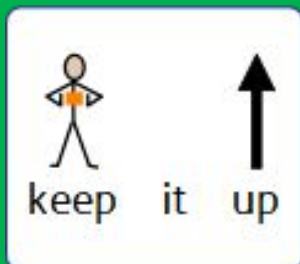
Times I may be in the RED ZONE...



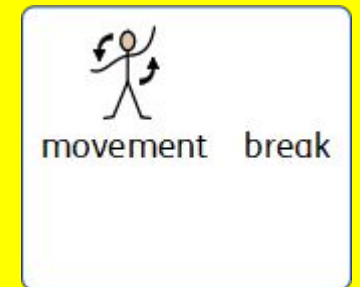
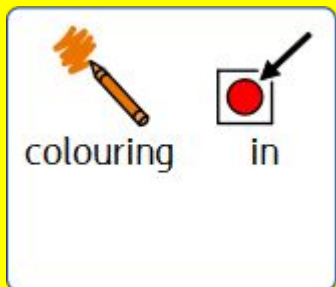
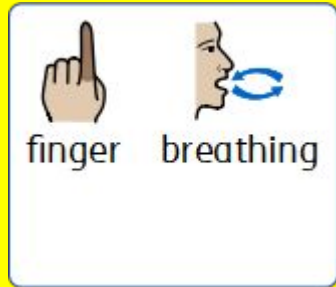
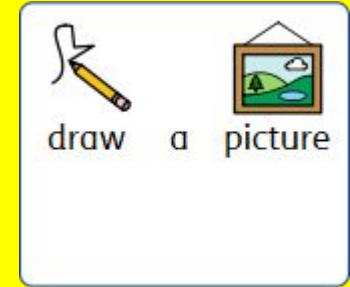
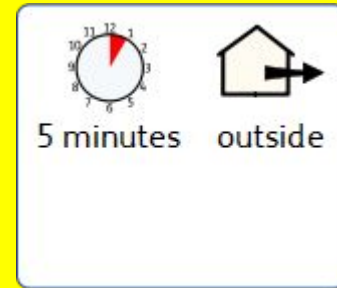
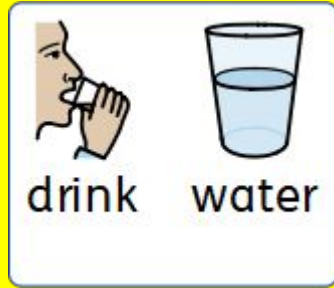
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_____'s Toolbox

Blue Zone Tools	Green Zone Tools	Keyhole	Yellow Zone Tools	Red Zone Tools
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CAUTION!
TRIGGERS AHEAD

Going to the supermarket

Opening presents in front of people

Transitions

Strong smells





345



3-4-5 breathing



co-regulation



grounding



techniques



finger



breathing



hand



squeeze



get



fresh air



hand cream



drink



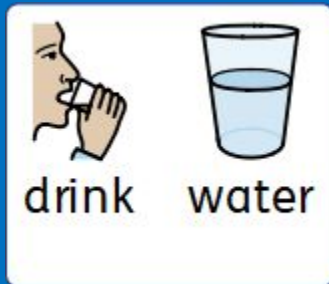
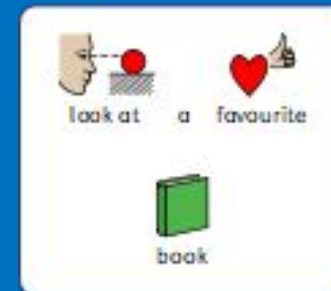
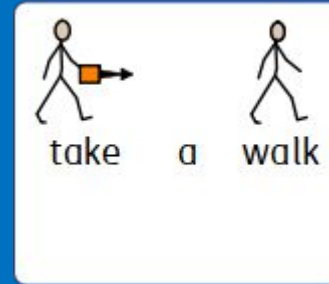
water



sensory tools







Lesson 1:
Creating
wall posters

Lesson 3:
The Zones in
video

Lesson 5:
Understanding
different
perspectives

Lesson 7:
How do I
feel?

Lesson 2:
Zones
BINGO

Lesson 4:
The Zones in
me

Lesson 6: Me
and my
zones

Lesson 8: My
zones across
the day

Lesson 9:
Caution!
Triggers
ahead

Lesson 10:
Exploring
sensory
support tools

Lesson
11: Exploring
tools for
calming

Lesson 13: The
Toolbox

Lesson 15: Stop
and Use a tool

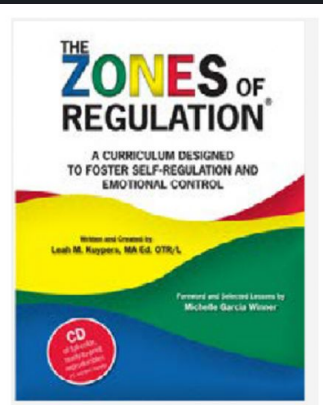
Lesson 17: Stop,
opt and go

Lesson 16:
Tracking my
tools

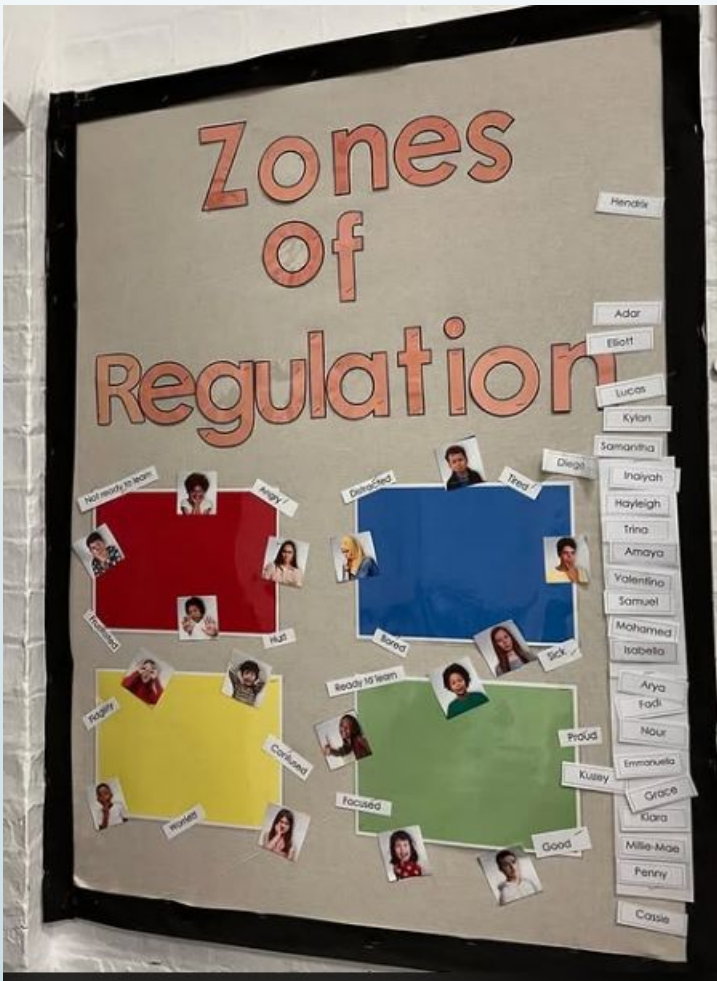
Lesson 14:
When to Use
Yellow Zone
tools

Lesson 12:
Exploring
Tools for
calming

Lesson 18:
Celebrating My
use of tools



Zones of regulation check-in



Zones scenarios

You break your leg in PE

You found out you won the lottery

You are at home with nothing to do, or no one to play with

You are playing tag in the playground with your friends

You just woke up

You are listening in class

Your pet dies

You are answering a question in class

You ran a mile as fast as you could

Zones of regulation check-in



The ZONES of Regulation

BLUE ZONE

Moving slowly

sad, disappointed, unloving, tired

- Stretch
- Have a drink of water
- Talk to someone
- Take a movement break
- Find a friend

A LITTLE SPOT OF SADNESS

GREEN ZONE

Ready to learn

good, proud, happy, positive, calm

- I am ready to learn
- I feel happy
- I am focused
- I am calm

PERFECTLY

I Like Myself!

YELLOW ZONE

Slow down

excited, embarrassed, nervous, left out, irritated, silly

MANAGE YOUR BREATH

with your hand

- Talk to someone
- Count to 20
- Hand breathing
- Draw a picture
- 10 hand squeezes

RUBY'S WORRY

RED ZONE

Time to stop

crazy, furious, angry

- Stop what I am doing
- Take deep breaths
- Find a quiet space
- Ask for help

DAVID'S FERGAL IS FUMING!

Zones of regulation check- in at home



**Create a Zones
Check-In for
Home**

Top Tips

Use the language of ZOR
in all aspects of life

Whole school approach.

Model

Positively
reinforce when
your children
recognise what
zone they are in.

To summarise





This approach is based on the principle that everyone has times when they are in each of The Zones.





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Zones are not good or bad





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Zones are not good or bad



Zones tend to match circumstances





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Zones are not good or bad



Zones tend to match circumstances



By recognising what zone they are in, students can begin to understand their own feelings or behaviours.





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Zones are not good or bad



Zones tend to match circumstances



By recognising what zone they are in, students can begin to understand their own feelings or behaviours.



This can support children to develop a toolbox of strategies to help them emotionally regulate and move to a different zone.



THANK YOU

For any questions or queries please contact me on

Lewis96@Lihtrust.uk