

The Zones of Regulation

The Zones of Regulation is a program developed to help students learn to self-regulate. Each zone categorizes how ones' body might feel and the emotions that come with being in that zone. Students can use the zones to identify their feelings and emotions. One zone is not better than another, but we are expected to be in certain zones for different situations.

The Green Zone

An ideal state of calmness. This is the best zone for students to be in while in the classroom since the student has control over their bodies and are alert.

A student might feel...

- Awake
- Alert
- Ready to learn
- Calm
- Paying attention
- Happy
- Content



The Blue Zone

A state of low alertness. Students might feel this way when they arrive to school because they are still waking up. They are moving slow.

A student might feel...

- Tired
- Fatigued
- Inattentive
- Sleepy
- Moving slow
- Sad
- Sick



The Yellow Zone

A heightening state of alertness. Students are starting to lose control of their bodies and might not be able to sit still. This zone is not ideal for learning since it will be difficult to pay attention, however, would be expected while playing on the playground

A student might feel...

- Tense body
- Heart beating fast
- Silly, wiggles
- Hard to concentrate
- Trouble talking to others
- Excited
- Worried
- Losing control of our body



The Red Zone

An increasing high state of alertness. Students typically have no control of their bodies in this zone.

A student might feel...

- Heart rate is super fast
- Red face
- Clenched fist/jaw
- Can't pay attention/ think straight
- Feel hot
- Yell or stomp feet
- Body is out of control



