The ZONES of Regulation®

The ZONES of Regulation®



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

Copyright © 2011 Think Social Publishing, Inc.
This page may be copied for the purposes of educating students and other professionals.

Other Tools and ZONES Visuals



Other Tools and ZONES Visuals

Blue Zone	Green Zone	Yellow Zone	Red Zone
			

There is no such thing as a bad ZONE.

- It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the "bad" or "naughty" zones.
- All of the zones are expected at one time or another.

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...

ZONES Lesson Plans and Videos

- Here is a video on what it looks like to be in the Blue Zone (Barbie crying and upset): http://www.youtube.com/watch?v=a5ze5PfDEzI&index=2&list=PL87B22B04EC463D3B
- Here is a video on what it looks like to be in the Green Zone: (Finding Nemo: Just Keep Swimming): https://www.youtube.com/watch?v=sB6W2VAx2J8
- Here is a video on what it looks like to be in the Yellow Zone (Mike's New Car): https://www.youtube.com/watch?v=zfC_GuHiP68
- Here is a video on what it looks like to be in the Red Zone (Lucy mad in Charlie Brown): http://www.youtube.com/watch?v=pq9hBEvFNlM&list=PLD7C6A74DFECE6B3F&index=1

The **ZONES** of Regulation® Reproducible Z

* Here are a few ideas for a person's (childs) toolbox. These strategies can be used to move from a blue, yellow, or red zone to a green Zone.

_____'s Toolbox

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
Talk to someone	eye contact	deep breaths	deep breaths
Play with a friend	Good body language	Positive Self-talk	apologize
Go outside / Run	Sit up / sit still	Ask for help	Quietly stomp feet
Smile / Think happy	Good attitude	do your best	hug or talk to Someone
deep breaths	Good listener	Jump Around	Count to 10 slowly
Take a nap	focused	Take a nap	color / run
Stretch / Stand up	feeling okay	Think positive	Do something else
Jump / Ask for help	Paying Attention	Calm down	

Copyright © 2011 Think Social Publishing, Inc.
This page may be copied for the purposes of educating students and other professionals.

Other Tools and ZONES Visuals

The **ZONES** of Regulation® Reproducible M

ZONE Idioms

Blue Zone

- Down in the dumps
- Downhearted
- Why the long face?
- Feeling blue
- Under the weather

Green Zone

- In seventh heaven
- I feel ten feet tall
- On top of the world
- On cloud nine
- Cool as a cucumber
- Pleased as punch
- I'm cool
- I'm down with that

Other Tools and ZONES Visuals

Yellow Zone

- Wound up
- At my wit's end
- Butterflies in my stomach
- Woke up on the wrong side of the bed
- Chip on your shoulder
- Cause a stir
- At the end of your rope
- Under the wire
- Ants in your pants
- Fish out of water

Red Zone

- Lost my cool
- Ready to boil
- Blow off some steam
- About to explode
- Mad as a hornet
- Beside yourself
- Go bananas
- Go to pieces
- Come apart at the seams
- Thrilled to bits
- Over the moon
- Jumping for joy

Copyright © 2011 Think Social Publishing, Inc.
This page may be copied for the purposes of educating students and other professionals.