

Zones of Regulation

Over the next few months, K-5 will be learning about the Zones of Regulation during our Monday Morning Meeting time. If you hear your child talk about what zone they are in, or “being in the blue/red/yellow/green zone” they are talking about how they are learning to self-regulate. Self-regulation is something that everyone continually works on, whether we are aware of it or not, as we all encounter situations that test our limits from time to time. If we are aware of when we are becoming less “regulated”, we are able to do something about it to feel better and get ourselves to a better place. For some, this comes naturally, for others it needs to be taught and practiced. If you find your child, taking deep breaths, getting a drink of water or counting to 10, they just might be using one of the tools to regulate their brain and body.

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control