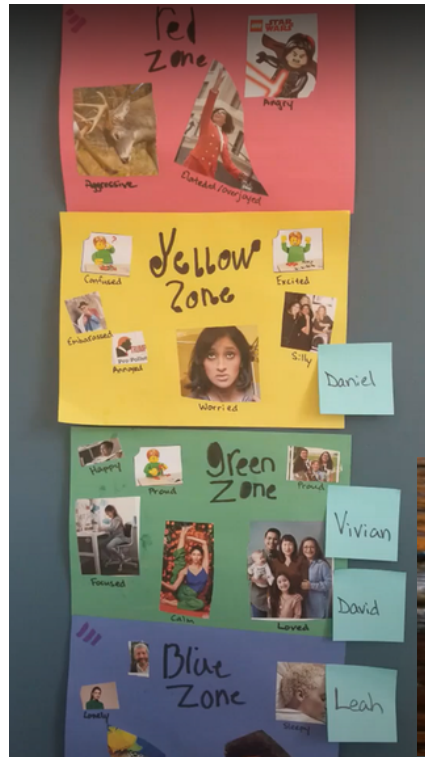


Bringing Zones into the home



Check ins for the whole family in places like living rooms and kitchens



Playing games to practice THE Zones:

- Zones App
- Jenga or UNO (using the four colours)



Building a comfort corner: Quiet and comfortable space

Where can I find out more about the Zones of Regulation?

- <http://www.zonesofregulation.com/>
- <https://padlet.com/charlottefagg/zones-of-regulation-kr2b4q1hsr6tt3vx>
- <https://www.theottoolbox.com/zones-of-regulation-activities/>
- <https://parentswithconfidence.com/calm-down-strategies-for-kids/>



THE ZONES OF REGULATION®

PARENT INFORMATION LEAFLET

The ZONES OF REGULATION focuses on four emotional states. We recognise that all emotions are 'ok' but some emotions make learning easier than others. ZONES OF REGULATION helps children identify which zone they are in so that they can use the right regulation tool to support them to remain or move to a particular zone to help them regulate.



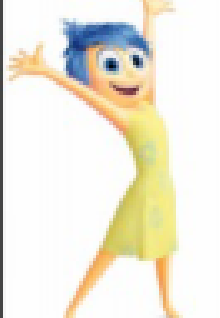
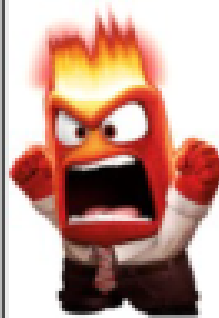
Blue Zone These emotions are low energy emotions. We struggle to have the energy to learn and so need an energising strategy to get back to learning.

Green Zone This is the zone where we can learn at our best and be able to thrive. This is the zone we would love to be in although we know this is not always possible.

Yellow Zone This is where our energy is beginning to interfere with our learning. We find it hard to focus, may find it hard to sit still and may be beginning to tip into red.

Red Zone These emotions are those that are more extreme. This is where unsafe behaviour is most likely to happen and where we may present as being out of control.

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Telling/Hitting Out of Control I Need Time and Space

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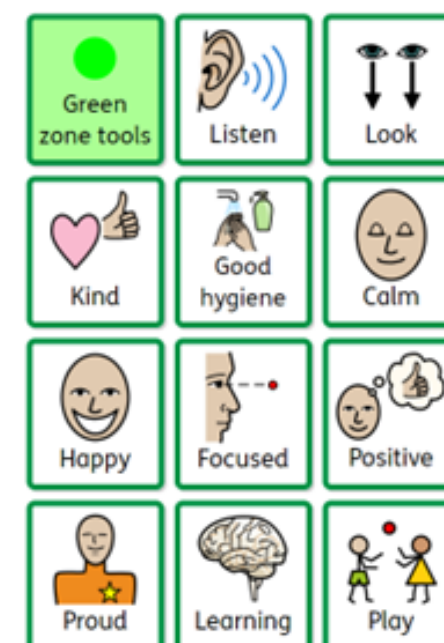
What **ZONE** are you in?



Blue Zone Tools - Help wake up our bodies, provide comfort, and regain focus.



Green Zone Tools - Help us stay calm, focussed and feeling good..



Yellow Zone Tools - Help us regain control and calm ourselves.

