**ZONES OF REGULATION**

The Zones of Regulation framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

**THE FOUR ZONES:**

**OUR FEELINGS & STATES DETERMINE OUR ZONE**

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions.  A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.   
  
The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone.  A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.    
  
The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone.  This is the zone where optimal learning occurs.    
  
The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.    
  
The Zones can be compared to traffic signs.  When given a green light or in the Green Zone, one is “good to go”.  A yellow sign means be aware or take caution, which applies to the Yellow Zone.  A red light or stop sign means stop, and when one is the Red Zone this often is the case.  The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.  All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them.  For example, when playing on the playground or in an active/competitive game, students are often experiencing a heightened internal state such as silliness or excitement and are in the Yellow Zone, but it may not need to be managed.  However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behavior meets the expectations of the library setting.

Information taken from: <https://www.zonesofregulation.com/learn-more-about-the-zones.html>