

The ZONES of Regulation



@ Central School

Ms. McGarroch, District PBS Coach & Literacy Support Teacher &
Mrs. Smith, Elementary School Counsellor



*Why yes, I'm a bit stressed.
Why do you ask?*

**LIFE IS 10%
OF WHAT HAPPENS
TO YOU AND
90% OF HOW
YOU REACT TO IT**

Belnap

Zones of Regulation

- There are 4 Zones to Describe how your brain and body feel.



1. I can recognize facial expressions
2. I can categorize the way I feel and act into 4 groups or 4 ZONES
3. I am building my emotional vocabulary

Can you categorize all the ways
you act and feel into 4 ZONES or
groups?

ZONES of Regulation



BLUE Zone

- When you're in the blue zone, your body is running slow, such as when you are tired, sick, sad or bored. [Bert is sad...](#)



Green Zone

- The Green Zone, like a green light, is when you are “good to go.” If you are in the Green Zone, you may feel happy, calm, and focused.

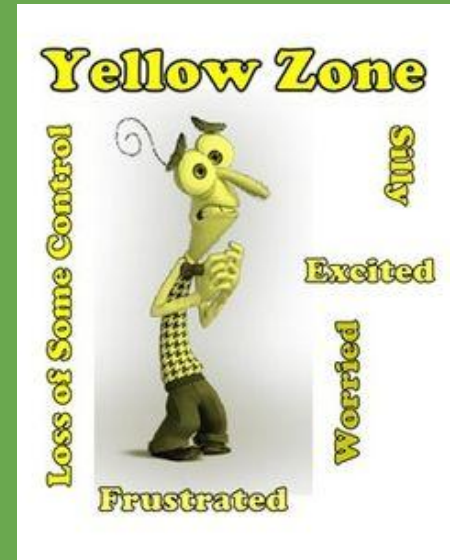
Gru in love mood!!



Yellow Zone

- The yellow zone describes when you start to lose control, such as when you are frustrated, wiggly, overwhelmed, silly, excited, worried, anxious or surprised.
- It is a good idea to use caution when you are in the yellow zone.

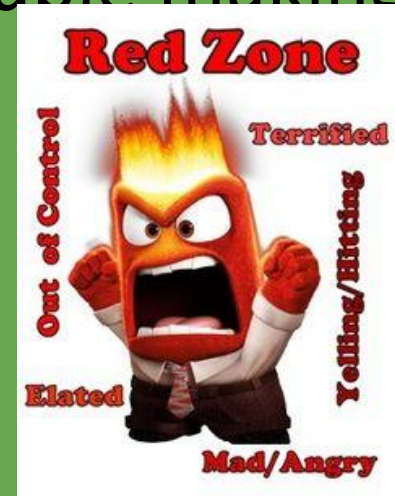
Elf... Best cup of coffee!!



Red Zone

- The red zone is reserved for extreme emotions like terror, uncontrolled anger, and aggression. When you are in the Red Zone, you are out of control, have trouble making good decisions, and must STOP.

Woody & Buzz fight



Share with your neighbour...

- What are you thinking?
- What are your questions?
- What does this connect to?

Whole Class:

1. **Guess the Feeling Game**
2. **4 Walls/Scenarios**

Small Group:

Posters → Sort emotions into 4 groups/ZONES

Small Group:

Charades → take turns acting out emotions

Small Group:

BINGO → recognizing emotions

iPads:

Choice of using
Book Creator or
Pic Collage...

- Find animal pictures to show the emotions in each ZONE



Wrap Up:

How will sorting the way you feel and act into 4 ZONES help you understand yourself better?

How will it help you understand your classmates better?

ZONES is important because...

When you understand how you are feeling, you are better able to control yourself.

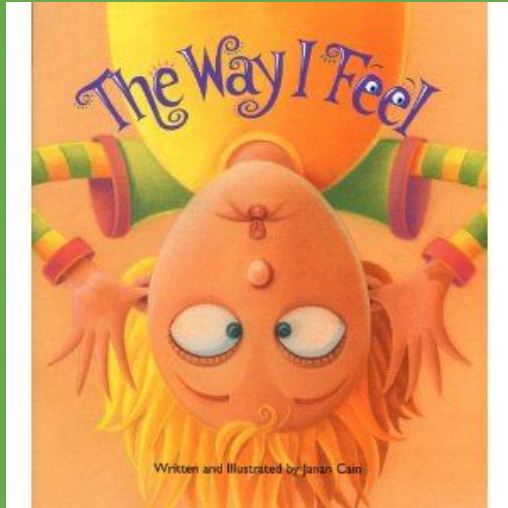
If you feel restless or frustrated, you can do something about it. You can tell others how you feel using the “common language” of ZONES.

Extras...

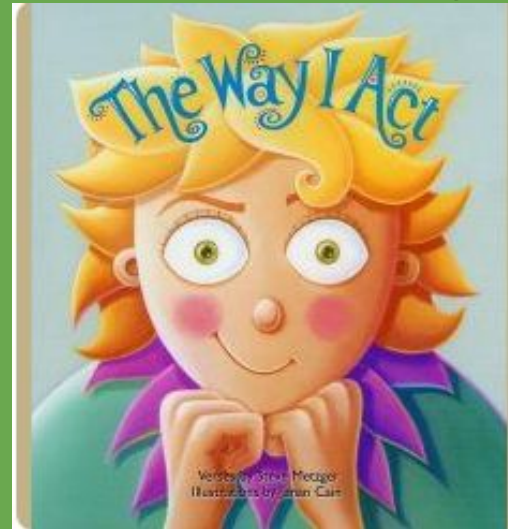
30 popsicle sticks

Lesson 1 – Two Ways - Primary

Identify emotions and which zone they fit into as you read a story.



[Youtube Read Aloud Link](#)



[Youtube Read Aloud Link](#)

Idiom Sort

For kicks
and
giggles...

Idioms

words, phrases, or
expressions that are not
interpreted logically or
literally



Inquiry...

