

# Zones of Regulation Lesson #1: What are the Zones of Regulation?

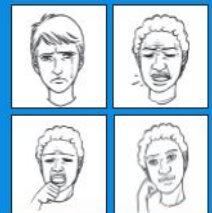

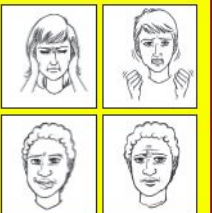

The Zones of Regulation are a way to help us break up different types of feelings into groups, and to understand that everyone has feelings. It is important to remember that there is no such thing as a bad feeling; this also means that there is no such thing as a bad zone. Everyone has a lot of different feelings that can change quickly.

Look at the 2 charts below. Go through and find feelings that you have had today. Talk to somebody at home about what feelings they have had today, and notice what zone those feelings are in.

Remember, there is no such thing as a bad feeling or a bad zone!

Blue Zone	Green	Yellow	Red Zone
			
<ul style="list-style-type: none"> <li>• Tired</li> <li>• Bored</li> <li>• Sick</li> <li>• Sad</li> <li>• Moving Slowly</li> </ul> <small>Designed by Lizzie Taylor 2020</small>	<ul style="list-style-type: none"> <li>• Calm</li> <li>• Happy</li> <li>• Focused</li> <li>• Ready to Learn</li> <li>• Feeling Good</li> </ul>	<ul style="list-style-type: none"> <li>• Worried</li> <li>• Frustrated</li> <li>• Excited</li> <li>• Silly/Wiggly</li> <li>• Some Loss of Control</li> </ul>	<ul style="list-style-type: none"> <li>• Really Excited</li> <li>• Mad/Angry</li> <li>• Yelling/Hitting</li> <li>• Mean</li> <li>• Terrified</li> <li>• Out of Control</li> </ul>

## The ZONES of Regulation®

			
<p><b>BLUE ZONE</b></p> <ul style="list-style-type: none"> <li>Sad</li> <li>Sick</li> <li>Tired</li> <li>Bored</li> <li>Moving Slowly</li> </ul>	<p><b>GREEN ZONE</b></p> <ul style="list-style-type: none"> <li>Happy</li> <li>Calm</li> <li>Feeling Okay</li> <li>Focused</li> <li>Ready to Learn</li> </ul>	<p><b>YELLOW ZONE</b></p> <ul style="list-style-type: none"> <li>Frustrated</li> <li>Worried</li> <li>Silly/Wiggly</li> <li>Excited</li> <li>Loss of Some Control</li> </ul>	<p><b>RED ZONE</b></p> <ul style="list-style-type: none"> <li>Mad/Angry</li> <li>Mean</li> <li>Terrified</li> <li>Yelling/Hitting</li> <li>Out of Control</li> </ul>

# Blue Zone

Think of a time when you were in the Blue Zone. How much energy did you have? What were some of the feelings you felt?

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What can you do to help yourself when you are feeling in the Blue Zone?

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When you are in the Blue Zone, you might feel tired, sad or bored; these feelings might make you feel like you are going slowly. Draw yourself in the Blue Zone:



# Green Zone

Think of a time when you were in the Green Zone. How much energy did you have? What were some of the feelings you felt?

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What can you do to help yourself stay in the Green Zone?

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When you are in the Green Zone, you might feel happy, calm, and focused; these feelings might make you feel like you are in control of your thoughts and feelings. Draw yourself in the Green Zone:



# Yellow Zone

Think of a time when you were in the Yellow Zone. How much energy did you have? What were some of the feelings you felt?

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What can you do to help yourself when you are feeling in the Yellow Zone?

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When you are in the Yellow Zone, you might feel more energy coming into your body. These feelings might make you feel hyper or silly or annoyed. Draw yourself in the Yellow Zone:



# Red Zone

Think of a time when you were in the Red Zone. How much energy did you have? What were some of the feelings you felt? It is important to remember that the Red Zone is not a bad or negative zone.

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What can you do to help yourself when you are feeling in the Red Zone?

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When you are in the Red Zone, you might feel a LOT of BIG feelings with BIG energy. Some of these feelings might be anger, fear, or REALLY excited. Draw yourself in the Red Zone

