

# Zones of Regulation Lesson #3: Expected and Unexpected Zones

Review: What are the Zones of Regulation?

The Zones of Regulation is a useful tool to help us understand feelings. As we work to identify our feelings and the different Zones they fit into, it is also important to think about times in which it is **expected** that we would be in the different zones. It is also helpful to think about when it might be **unexpected** for us to be in certain zones. Again, it is important to remember that there is **no such thing as a bad feeling or a bad zone!** Everyone has a lot of different feelings that can change quickly!

## Blue Zone



- Tired
- Bored
- Sick
- Sad
- Moving Slowly

Designed by Lizzie Taylor 2020

## Green



- Calm
- Happy
- Focused
- Ready to Learn
- Feeling Good

## Yellow



- Worried
- Frustrated
- Excited
- Silly/Wiggly
- Some Loss of Control

## Red Zone



- Really Excited
- Mad/Angry
- Yelling/Hitting
- Mean
- Terrified
- Out of Control

## The ZONES of Regulation®

Blue Zone	Green Zone	Yellow Zone	Red Zone
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Mean Terrified Yelling/Hitting Out of Control

# Which ZONE Should I Be In?

All of the zone colors are okay. There are times when you should be in different zones. In the classroom, we try to stay in the Green Zone. Think about times when it's expected that you would be in the Yellow, Blue, or even the Red Zone.

Times when it is expected to be in each zone...

Times to be in the BLUE ZONE...

Times to be in the GREEN ZONE...

Times to be in the YELLOW ZONE...

Times to be in the RED ZONE...

Name: \_\_\_\_\_



This is a picture of me in the BLUE ZONE:

My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the BLUE ZONE when:

\_\_\_\_\_

I am more likely to make others feel:

\_\_\_\_\_

The ZONES of Regulation® Reproducible L BLUE

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Name: \_\_\_\_\_



This is a picture of me in the **GREEN ZONE**:

My face and body clues are:



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I feel in the **GREEN ZONE** when:

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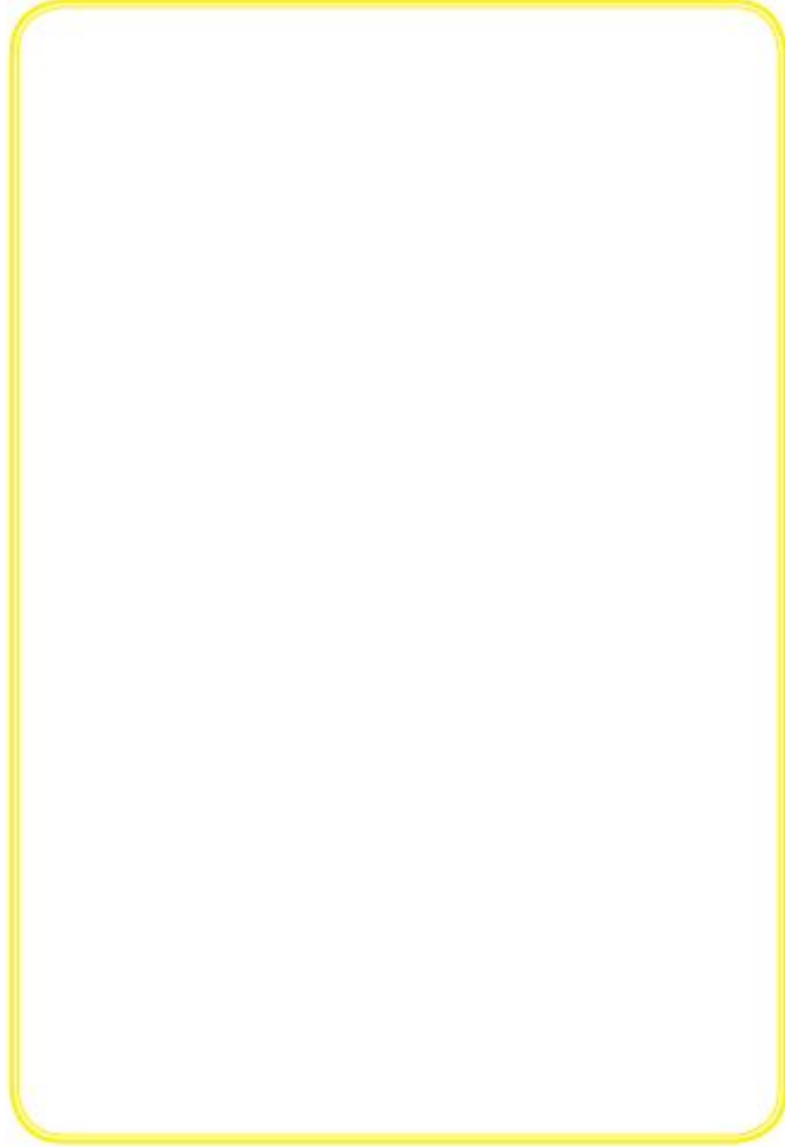
I am more likely to make others feel:

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Name: \_\_\_\_\_



This is a picture of me in the **YELLOW ZONE**:



My face and body clues are:



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I feel in the **YELLOW ZONE** when:

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I am more likely to make others feel:

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The **ZONES** of Regulation® Reproducible L **YELLOW**

Name: \_\_\_\_\_



This is a picture of me in the **RED ZONE**:

My face and body clues are:

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

I feel in the **RED ZONE** when:

I am more likely to make others feel: