

Our Zones of Regulation describes our emotions that are divided into similar energy levels or alertness. This term students are working on ways to positively cope and care for their emotions, so that they can remain engaged in their learning throughout the day at school.



Blue zone describes low or slow energy levels/alertness. Eg. Sad, tired, bored, disinterested.

Green Zone describes emotions where we are ready to learn, good to go, happy, calm, in flow.



Yellow Zone describes emotions that are higher energy/alertness that mean we are starting to lose control of our emotions and might need to do something to calm ourselves down. Examples include: excited, frustrated, worried, upset, wriggly.

Red Zone emotions describe emotions where we can lose control and we are at risk of our & others safety. Eg. furious, Ecstatic, flipping our lid, overjoyed.



You can support your child to work on ways to cope and care for their emotions at home by talking about ways you care for your different emotions and zones. And by practicing positive coping strategies with your child, to help them care for their emotions. Either when they are experiencing that emotion or when they are calm.

Ways to care:



Blue zone – something to lift their energy – eg. change the activity they are doing, have a sleep, drink of water, have a cuddle with a special adult or teddy, ask for help.



Green zone – having a snack, drinking some water, going for a walk/ride/run, jumping on the trampoline, talking to a friend or family member, colouring in, going out in nature.



Yellow zone – Taking some deep belly breaths, listening to music, talking about their feelings, watching a tv show, colouring in, moving their body – jumping on the trampoline, pushing, pulling, skipping, using a weighted blanket, finding a quiet place to read, writing a thank you letter.



Red Zone - Stop what they are doing and find a safe space to have quiet time, take shoes and socks or jumper off, take cold drink, take some deep belly breaths or do a mindfulness activity, find a quiet and safe space outside, cuddle a teddy or into a snuggly doona.