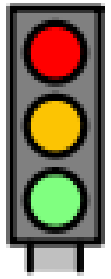
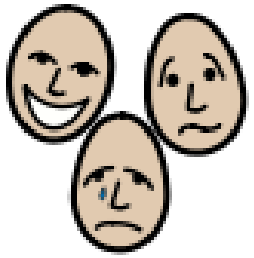
Zones of Regulation – at home!

What are the Zones of Regulation?





The Zones of Regulation are an activity used by your child at Oakley school with their classroom staff and therapists to help to identify how they are feeling throughout the day.

The Zones of Regulation also help your child to work out what to do next if they feeling angry, sad or upset.

Here are some tips to help parents to use the Zones of Regulation at home.

Zones Explained

There are four zones, each zone contains a group of emotions and has it's own corresponding colour.

The Red Zone

Angry, Terrified, Shouting, Out of control

The Yellow Zone

Frustrated, Worried, Silly, Excited

The Green Zone

Happy, Calm, Ok, Focused, Content, Ready to Learn

The Blue Zone

Sad, Sick, Tired, Bored, Moving Slowly

There are no good or bad zones, the aim is to start a daily conversation about how your child is feeling using colours and visuals to help.

Key to the Zones

The **ZONES** of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®



BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad	Happy	Frustrated	Mad/Angry
Sick	Calm	Worried	Terrified
Tired	Feeling Okay	Silly/Wiggly	Yelling/Hitting
Bored	Focused	Excited	Elated
Moving Slowly	Ready to Learn	Loss of Some Control	Out of Control

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Does your child remember the Zones?

Your child will have some prior knowledge of the zones from using them at school. To check they can remember what all the zones mean you could play one of these simple games together:

Paper Sorter
Print and cut out the faces



Or draw your own!

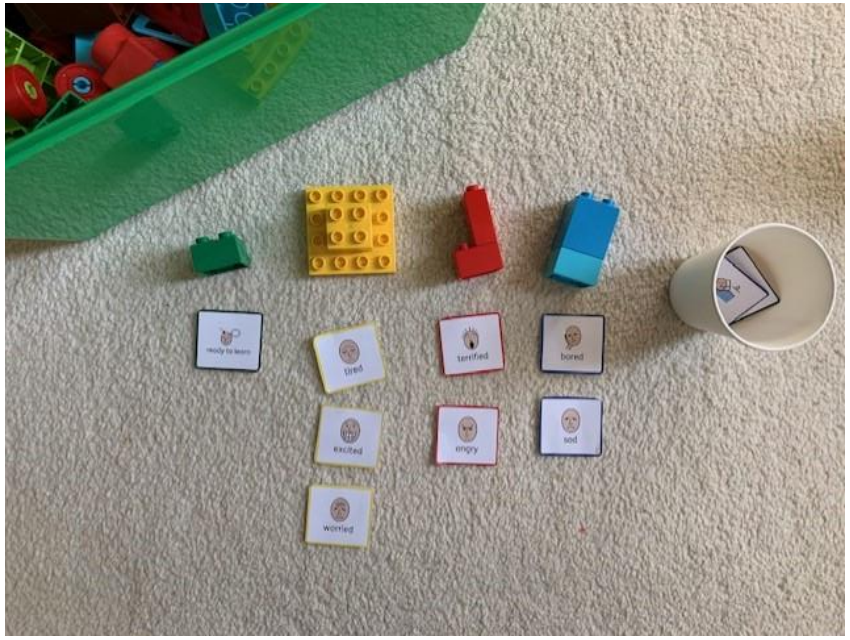


You will need – 4 sheets of coloured paper (red, yellow, blue, green), a cup, cut outs of emotion faces or your own drawn onto squares of paper.
How to play - Pick a pictures from the cup, say what it is and make the emotion face to show it, place the picture on zone colour that it belongs to. Take turns to empty the cup.



Sorting cups

Find four coloured cups (blue, yellow, red and green), make a pile of emotion cards (print and cut out or draw your own). Take turns to sort into the zone cups!



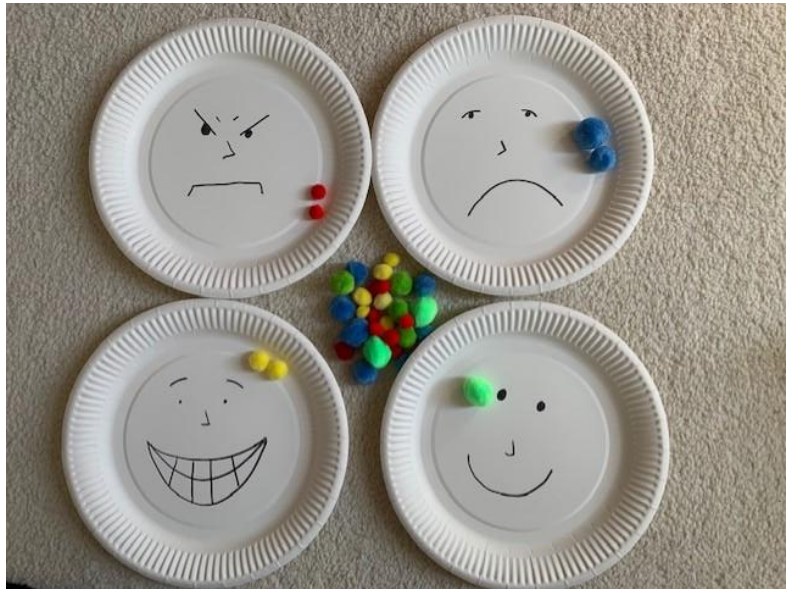


Popping Toy

If you have this popping toy at home take turns to pick a face from the cup, make the face and pop the corresponding zone colour!

Lego/Duplo towers

Pick a face from the cup, say what it is and make the face, find a lego/duplo brick the same colour as its Zone and try to build the tallest tower first.



Paper Plate Faces

Draw four faces, one from each zone, using a pile of coloured pompoms (zones colours) race to sort the colours on to the correct plate.

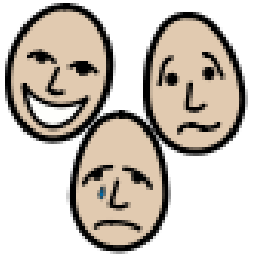


You could also use play doh (red, blue, yellow and green) to make a pile of small items to sort on to the plates, or tiddly winks.

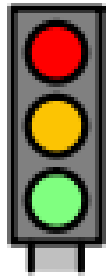


Emojis

Older children might be more motivated using emojis to play games like this – please see printable resources.



Check In and Tool Kit



Check in

The zones can be used at home to do daily (or more) check ins on how your child is feeling. Use something visual to represent your child and each person at home, place the visual on something showing the zones colours.

Tool Kit

If your zone check shows that your child is feeling angry or sad you could think of some home activities together that would help your child to move towards the Green Zone and keep a list of them to use again and again.

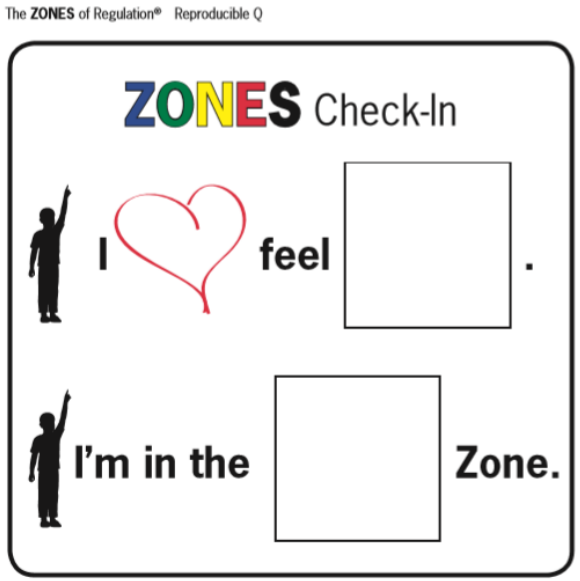
Zones - Check in at home

Print one off and cut out if you can – please see printable resources.



Zones checker

Create your own using coloured paper and hand drawn pictures. Model how to use and check in with your household every morning and afternoon!





You could use Lego and Lego figures to represent the zones and each person checking in.

Zones Home Tool kit

What can we do to feel better at home?

You could make a ‘menu’ of activities that help your child to feel better and keep it somewhere handy.

Use the printable resources, or make your own.


The ZONES of Regulation® Reproducible AA Page 1

ZONES Tools Menu

Carry
Read
Jump
Bounce
Run
Push
Tickle
Pull
Swing
Talk to Adult
Hug
Animal Walks

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The ZONES of Regulation® Reproducible BB Name:_____

Tools for Each of My ZONES

When I feel... I can try...

Tired or Sad
Calm or Happy
Frustrated or Silly
Angry or Mad

Adapted for *The Zones of Regulation®* from the original work of Buron and Curtis' *The Incredible 5-Point Scale* (2003). www.5pointscale.com.

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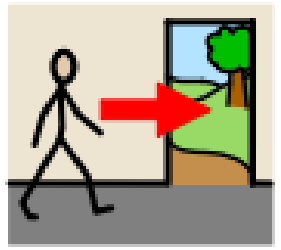
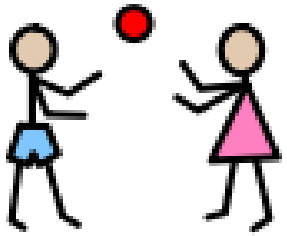
Identify what you can do together at home to feel better e.g.



Go for a walk



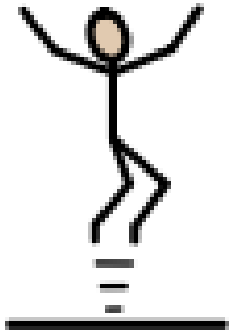
Play



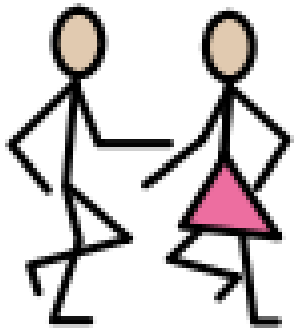
Cooking



Eat



Jump



Dance



Rest



Talk or Text

Create a Home Tool Kit

Keep a simple visual chart showing your child's 'feel good' activities on the wall at home.





If your child checks in and reports they are feeling bad you can go back to their tool kit and select an activity to do. This will help your child to communicate their emotions and hopefully feel better. You can find out if it worked by checking in again when they've done it!

More information…

If you would like more information about the Zones of Regulation, some support with using it at home or tailoring it for your child please do not hesitate to get in touch.

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