

Information About The **ZONES** of Regulation

Burnbrae Primary will be participating in The Zones of Regulation™ curriculum (or “The Zones” for short), which are lessons and activities designed by Leah Kuypers, licenced occupational therapist, to help pupils gain skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situations. For example, when a student plays in the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. The lessons and learning activities are designed to help the students recognise when they are in the different Zones as well as learn how to use strategies to change or stay in the Zone they are in. In addition to addressing self-regulation, the pupils will gain an increased vocabulary of emotional terms, skills in reading other people’s facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

It is important to note that everyone experiences all of the Zones – the Red and Yellow Zones are not the “bad” or “naughty” Zones. All of the Zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgement.

Sincerely,

Linda Clarkson

Head Teacher

The **ZONES** of Regulation Glossary

Self-regulation: The ability to achieve the preferred state of alertness for the given situation. This includes regulation one's body's needs as well as one's emotions.

The Zones: A concept used to help students learn how to self-regulate. The Zones of Regulations creates a system to categorise how the body feels and emotions into four coloured zones with which the students can easily identify.

Blue Zone: Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.

Green Zone: Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

Yellow Zone: Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone.

Red Zone: Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behaviour, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

Toolbox: A collection of calming and alerting strategies a student can pull from depending on the present need.

Tools or strategies: Used interchangeably to refer to a calming or alerting technique that aids the student in self-regulation.

Trigger: An irritant that causes a student to become less regulated and increases the likelihood of going into the Yellow or Red Zone.

Stop, Opt, and Go: A concept used to aid students in controlling impulses and problem solving better solutions. The phrase is paired with a spotlight to provide additional cues for students.

Expected behaviours¹: Behaviours that give people around you **good or comfortable thoughts** about you.

Unexpected behaviours¹: Behaviours that give people **uncomfortable thoughts** about you.

Doer: The person or persons doing the expected or unexpected behaviour in a situation.

What is the size of the problem? And is this a Big or Little Problem? ¹: Questions posed to help students measure the size of the problem they are experiencing (Big Problem, or Little Problem).

Big Problems: Problems that many people share and that have no easy, quick, or pleasant solution.

Medium Problems: Problems some people share that are able to be resolved in an hour or a couple of days.

Little Problems: Problems that only affect one to two people and can be ignored or solved in a matter of minutes.

Inner critic: Used to describe negative, self-defeating thoughts.

Inner coach: Used to describe positive thoughts.

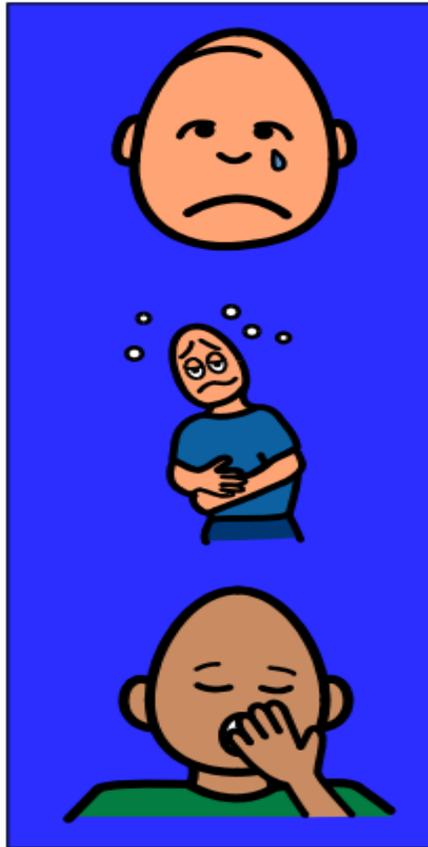
Superflex thinking²: A flexible thinking pattern in which a person is able to consider different points of view or ways to do something.

Rock Brain thinking²: A rigid thinking pattern in which a person gets stuck on an idea and has difficulty considering other options or ways to do something.

1 Social Thinking vocabulary developed by Michelle Garcia Winner, *Thinking About YOU Thinking About ME* (2007)

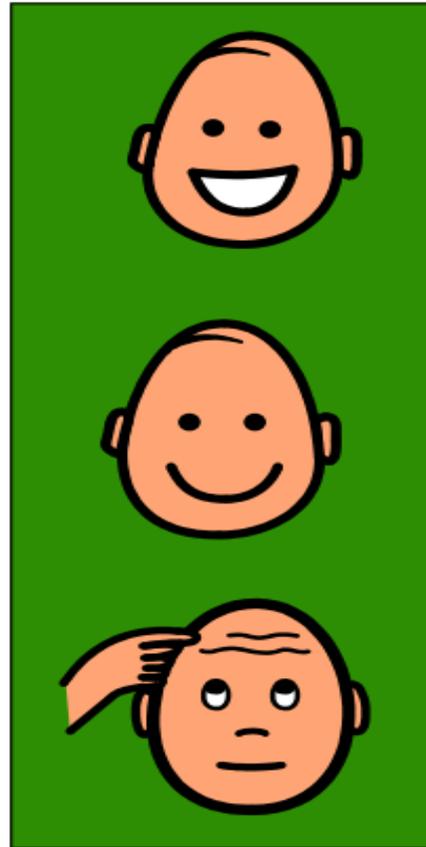
2 Social Thinking vocabulary developed by Stephanie Madrigal and Michelle Garcia Winner, *Superflex: A Superhero Social Thinking Curriculum* (2008)

The Zones of Regulation



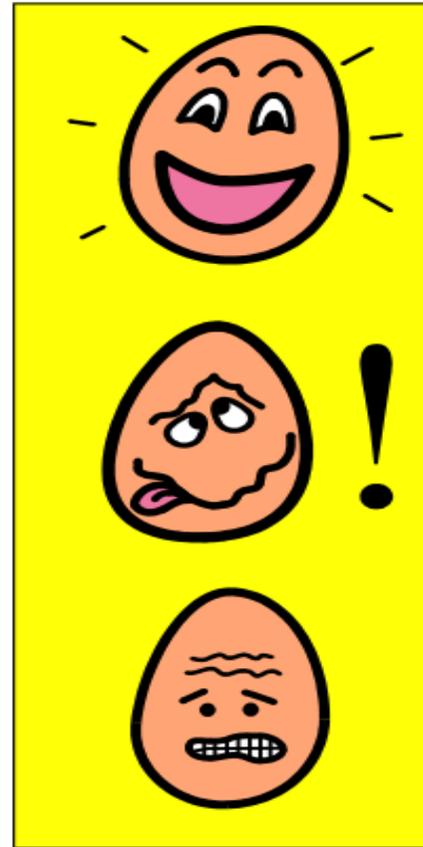
Blue Zone

sad tired
sick moving
tired slowly



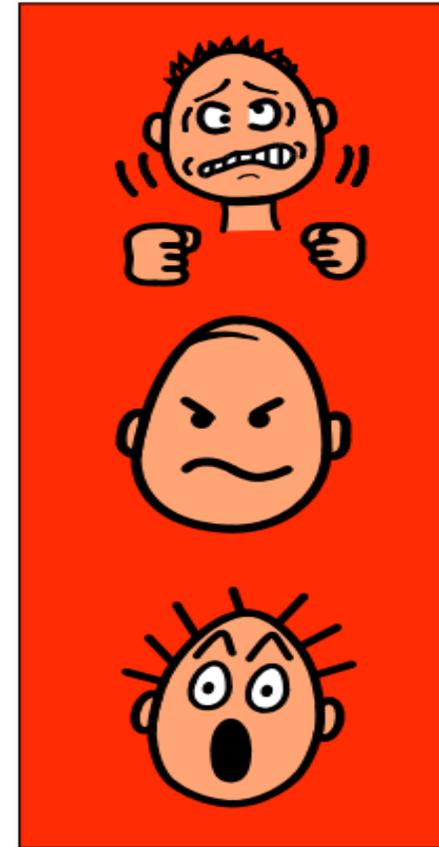
Green Zone

happy
calm
feeling ok
focused
ready to learn



Yellow Zone

frustrated
worried
silly/wiggly
excited
loss of some control



Red Zone

mad/angry
terrified
yelling/hitting
elated
out of control