



# Our **Zones** of Regulation

By using the zones of regulation, you can feel **in control, focused, ready to learn** and **join in**.

How do you feel at this moment in time? What zone are you in? Do you need a tool to regulate? Which one?

## Blue Zone

Running slow...

Sad Bored  
Sick  
Moving Slowly  
Tired

Toolbox:

- Splash your face.
- Have a snack.
- Get some fresh air.
- Imagine your favourite things.
- Listen to music.

## Green Zone

Good to go...

Calm  
Happy Focused  
Feeling ok  
Ready to learn

I know I am here because...

- I feel calm.
- I feel happy and settled.
- I am ready to learn.
- I am making the most of the opportunities around me.

## Yellow Zone

Caution!

Silly Frustrated  
Loss of some control  
Excited  
Worried

Toolbox:

- Take deep breaths.
- Read a book.
- Mindfulness colouring .
- Do some yoga.
- Talk to someone you trust.

## Red Zone

STOP!

Mad Out of control  
Angry  
Terrified  
Elated

Toolbox:

- Count to 10.
- Read a book.
- Walk away.
- Exercise .
- Imagine calm things