

# THE ZONES OF REGULATION™

## Green Zone

When we are in the Green Zone we can be calm, happy, focused or content. This is the zone pupils generally need to be in, for schoolwork and for being social. When we are in the Green Zone, we are ready to learn.

## Yellow Zone

When we are in the Yellow Zone we can be frustrated, anxious, excited, silly, worried and many more slightly elevated emotions. When we are in the Yellow Zone we are starting to lose some control.

## Red Zone

When we are in the Red Zone we can be angry, panicking, terrified or elated. A person in the Red Zone is in a high state of alert or experiencing very intense feelings. Being in the Red Zone means you have lost control of your body.

## Blue Zone

When we are in the Blue Zone we can be sad, tired, bored or poorly. This is when one's body and/or brain is moving slowly. Often when pupils say they are in the Blue Zone it is because they are tired.