

Zones of Regulation

Self-regulation is defined as the ability to manage and monitor one's own state of emotions, thoughts, impulses, and behaviors in a socially appropriate way within their environment.

Indicators of poor self-regulation include:

- Frequent meltdowns
- Overly intense feelings
- Difficulty with new environments
- Low frustration tolerance
- Avoids big feelings
- Difficulty with change
- Difficulty taking turns
- Impulse behaviors

Zones of Regulation is a structured framework to teach and assist children how to self-regulate. This program allows children to tap into different tools to identify and navigate their feelings between 4 zones.



The Blue Zone

Feelings are in a state of low alertness.

sad bored sick tired



The Green Zone

Feelings are in a regulated state.

happy focused content proud



The Yellow Zone

Feelings are in a heightened state of alertness.

anxious silly nervous stressed



The Red Zone

Feelings are in an extremely heightened state of alertness.

angry elated panicked terrified

Children will go through and develop skills on how to identify emotions with their correlating zone, identify triggers, implement coping strategies, and identify the size of the problem to improve overall self-regulation.

Schedule a session with one of our therapists trained in the Zones of Regulation approach today!