**The Zones of Regulation** is a complete social-emotional learning curriculum, created to teach children self-regulation and emotional control.

**The Zones of Regulation: Overview**

[Leah Kuypers](https://www.zonesofregulation.com/the-zones-team.html)created The Zones of Regulation in 2011. She and her team provide training and resources for schools and individuals looking to use the Zones Framework with children.

**This article is an overview for parents.** It covers a brief explanation ofwhat the Zones of Regulation are, how they’re taught to children, and how you can begin using the concepts in your own home.

It does not serve as a replacement for the official Zones Framework, simply a starting point for parents who want to learn more.

**The Zone Colors**

The Zones of Regulation uses**four colors to help children self-identify how they’re feeling** and categorize it based on color.

The curriculum also helps children better understand their emotions, sensory needs, and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which color zone they’re in.

**The Green Zone**

The green zone is used to describe when you’re in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you *want* your child to be in.

It’s also the state most needed in the classroom in order to learn.

**The Yellow Zone**

The yellow zone describes when you have a **heightened sense of alertness.** This isn’t always a bad thing, and you typically still have **some control**when you’re in the yellow zone.

Being in the yellow means you may feel frustrated, anxious or nervous but, it could also mean you’re feeling excited, silly, or hyper – **which is okay in the right situations.**

**The Red Zone**

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they’re no longer about to control their emotions or reactions.

**This is the zone kids are in during**[**meltdowns.**](https://hes-extraordinary.com/preventing-outbursts)

Being in the red zone means you’re feeling anger, rage, terror, or complete devastation and feel out of control.

**The Blue Zone**

The blue zone, on the other hand, is used when a person is feeling***low states of alertness or arousal.***

When you’re in the blue zone you may be feeling down – **sad, sick, tired, or bored**. You’re still in control, as you are in the yellow zone, but with low energy emotions.

Top of Form**Identifying Zones**

The first step in teaching the Zones to your child is teaching your child the four zones and which emotions fall into each zone. The apps and the webinar above can help you accomplish this.

It’s necessary that your child is able to accurately**identify which emotions belong in which zone**. This is the first step to their success.

You’ll achieve this through practicing with your child, talking about The Zones frequently and in different environments, and encouraging them to identify which zone they’re in.

* [**Zones of Regulation Bingo**](https://www.zonesofregulation.com/uploads/3/4/1/7/34178767/zones_bingo.pdf)– Use these free [Zones bingo sheets](../zones_bingo.pdf) but instead of playing a traditional Bingo game, **try this:**Get kids to use red, green. blue, and yellow [bingo chips](https://amzn.to/2qiBZuI) to mark which zone each of the feelings belongs to.
* **Books about Feelings –**Readdifferent [books](../the_zones_book_nook_aug2020_1.pdf) about feelings to your child and actively refer to which zone the feelings in the book belong to.
* **Match TV characters to Zones** – When you’re watching TV with your child, ask them to identify which zone their favorite characters are in throughout the show. This is a great way to turn your child’s screen time into a learning experience and to show your child that the zones can be found everywhere.

**Getting Back to The Green Zone**

Along with being able to identify the zones, and know what zone they’re in, your child also needs to know strategies to help them **get back to the green zone.**

Practicing co-regulation and self-regulation strategies while your child is in the green zone will help them learn the best ways to get back there during times when they’re feeling stressed, frustrated, sad, etc.

**The Importance of Recognizing Emotions**

It’s so, SO important for children to learn how to recognize their own emotions but many parents may overlook the fact that their child *is* struggling with this skill.

**Think about this:**

Let’s say your child recognizes they’re angry because whenever the get mad, their heart races. So – they feel their heart race and the result is an angry outburst. **Red zone.**

**BUT** – Fear ALSO causes our heart to race. If your child *isn’t able*to recognize the other sensations that happen when they’re both afraid and angry then **they’ll react angrily when they’re actually scared** – and they won’t understand what’s happening or how to regulate that emotion.

The Zones of Regulation can help teach children all the physiological sensations they feel in response to different emotions.

When kids fully understand what they’re feeling, they can make sense of, and regulation their emotions much better