


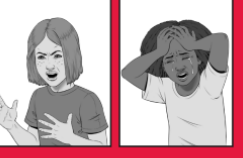

BLUE ZONE	GREEN ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Relaxed

	
	
YELLOW ZONE	RED ZONE
Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

The zones of regulation teaches children and young people that all zones are natural to experience and that it is okay and acceptable not to be in the green zone. We all experience multiple, (if not all four!) zones every day and can be in more than one zone at the same time.

— All the —
ZONES
 — are —
OK

It is important to learn what we do in order to get back to the green zone, if you are not feeling happy. The framework teaches children and young people to manage their emotions based on the environment and its demands, and the people around them at any given time.

