

Occupational Therapy *At Home*



The ZONES of Regulation.

Self-regulation is defined as the best state of alertness of both the body and emotions for specific situations. The Zones of Regulation program helps students learn and practice self-regulation strategies. The lessons and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in. In addition to addressing self-regulation, the students gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills.



GREEN ZONE

Describes a calm state of alertness. This is the zone where optimal learning occurs.

Example: Sitting with family at the supper table engaged in conversation and eating dinner appropriately.

Strategies for self-regulation: Target for self-regulation is to maintain this state of calmness and attention

Strategies to trial:

- Timer
- Trialling different chair options
- Parent to initiate and maintain conversation
- Various textured, brightly colored foods, i.e. crunchy, chewy

Strategies for Self-

Regulation at Home

- Listen to music
- Help with chores
- Do your homework
- Go for a walk
- Ask for a hug
- Dance party
- Jump on trampoline
- Cook a meal (with an adult)
- Play with a friend
- Read a book
- Play with family pets



YELLOW ZONE

Describes a heightened state of alertness and elevated emotions. One has some control in this zone. Example: Frustration, anxious, silly, excited, nervous

Example: Your brother/sister ruined a Lego project you were working on.

Strategies for self-regulation: Target for self-regulation is to decrease arousal to move back into the green zone

Strategies to trial:

- Breathing
- Count to 5
- Go for a walk
- Change location to rebuild
- Ask an adult for help

Strategies for Self-

Regulation at Home

- Talk to parents
- Breathing exercises
- Go for a walk
- Ask for a hug
- Take a bath
- Chewy foods
- Listen to music
- Play with family pets
- Trampoline/swing/run
- Make a fort
- Roll up in blanket
- Sit in rocking chair

RED ZONE



Extremely heightened states of alertness & intense emotions. One does not have control in this zone and requires assistance from an adult. Example: Anger, rage, elation, terror, devastation, slowly or sluggishly.

Example: When parents say it is time to go to bed and put technology (i.e. video games) away.

Strategies for self-regulation: Target for self-regulation is to significantly calm the intense emotions. (The adult role is to support the child in using previously taught strategies. New learning is difficult in this zone).

Strategies to trial:

- Allow time for child to express emotion
- Offer or suggest previously practiced strategies (i.e. deep breathing)

Strategies for Self-Regulation at Home

- Listen to music
- Be with an adult
- Deep breathing
- Back rub
- Hide in a tent
- Swing
- Walk/run/stomp
- Count to 20
- Body tenses
- Safe crashing into cushions
- Chase games
- Build a couch tower

BLUE ZONE



Describes low states of alertness and down feelings. When one's body and/or brain is moving slowly or sluggishly. Example: sad, tired, sick, bored

Example: Sitting at the table doing homework but head is down and looks and/or complaints of feeling tired/bored.

Strategies for self-regulation: Target for self-regulation is to alert the body and brain into a zone that matches the desired task and zone. i.e. blue to green zone.

Strategies to trial:

- Chew gum
- Stand at table to work
- Get up and move, i.e. get a drink of water
- Listen to music

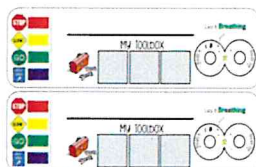
Strategies for Self-Regulation at Home

- Listen to loud music
- Talk about your feelings
- Exercise
- Shoulder rub
- Ask for a hug
- Smell strong scents
- Play with a friend
- Read a book
- Play with family pets
- Coloring
- Playset or playground
- Breathing

MY TOOL BOX

What is it?

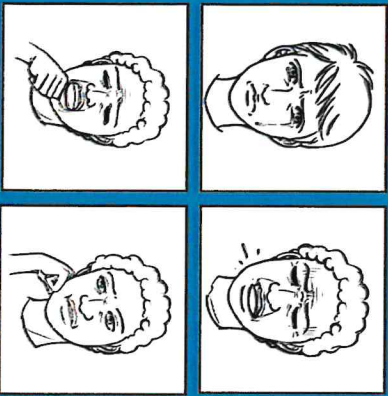
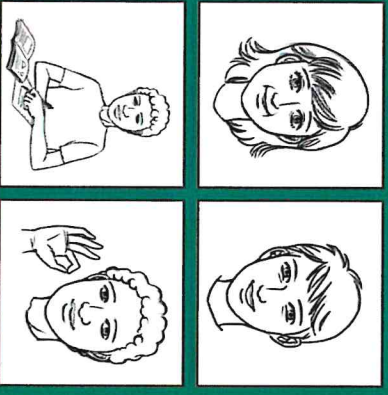
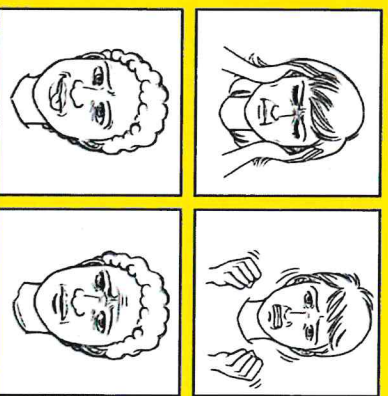
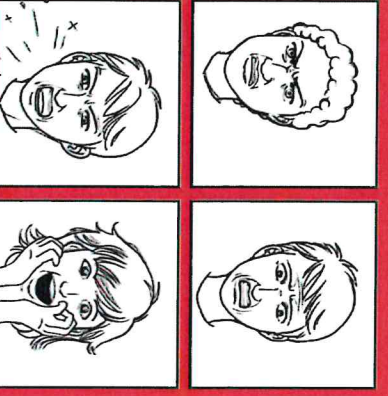
- The Toolbox is a Zones check in tool kit to assist you and your child to identify and support their emotions and self regulation needs.
- Together, you can learn what tools and strategies to use to manage their feelings and regulation level.

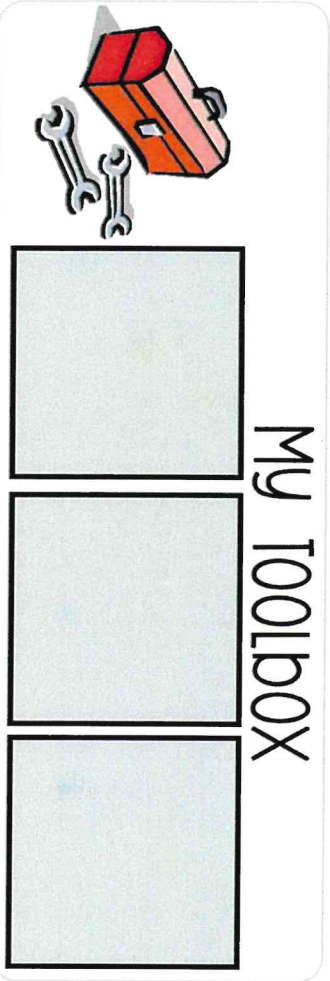
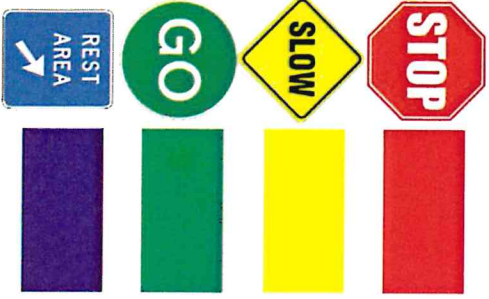


How to use it?

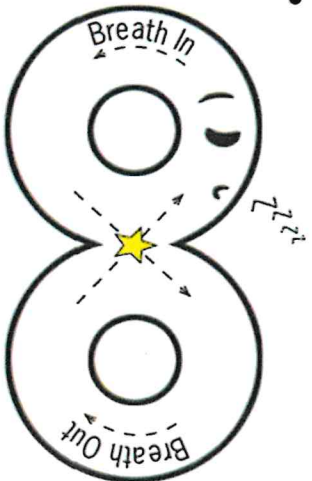
- Have your child cut out all of the strategies cards
- Use a paper clip to have child identify what zone they are in, clip it on the left side of the zones card
- Select strategies that are suitable for your child and meets their sensory and emotional needs, feel free to add in your own activities
- Use Velcro, sticky tack or tape to fasten the strategies to the boxes
- Strategies should be changed periodically

The ZONES of Regulation®

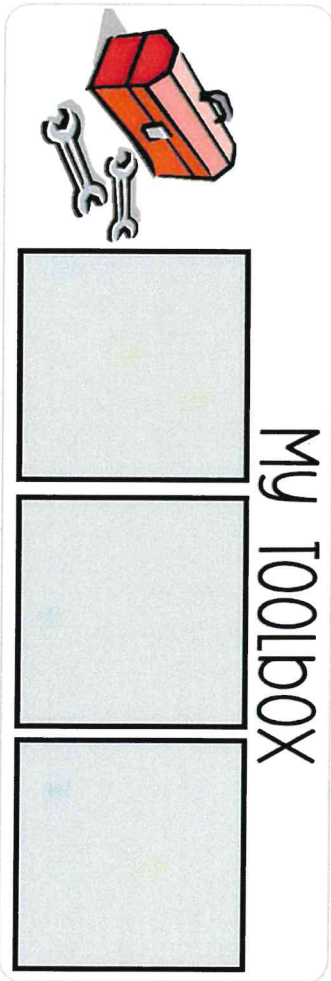
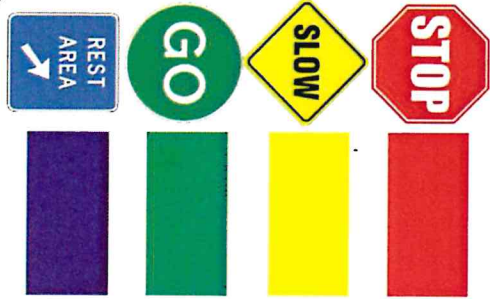
 <p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	 <p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	 <p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	 <p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>
--	--	--	--



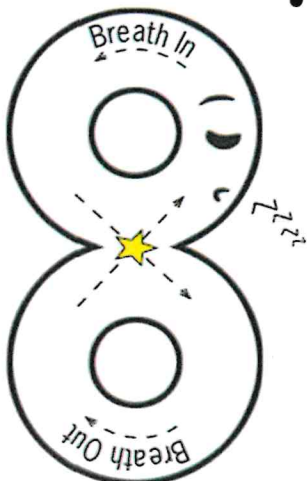
MY TOOLBOX



Lazy 8 Breathing



MY TOOLBOX



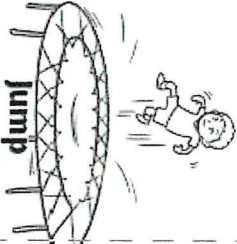
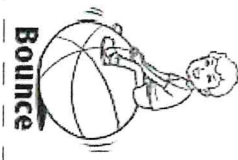

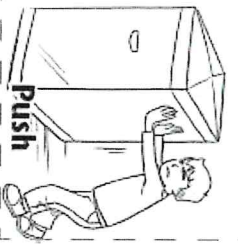

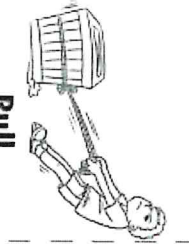






Lazy 8 Breathing

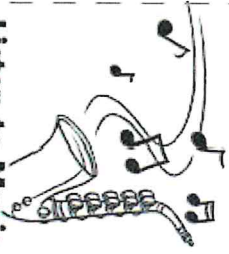

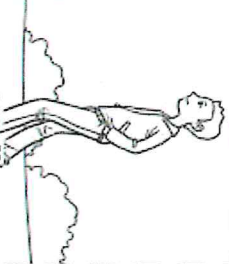
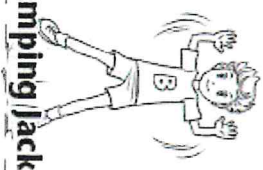
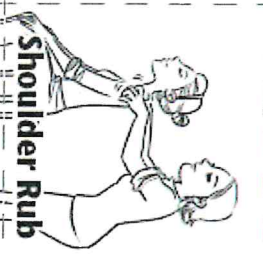
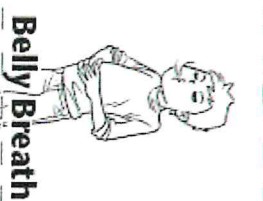
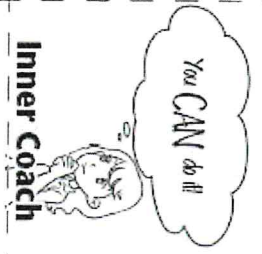
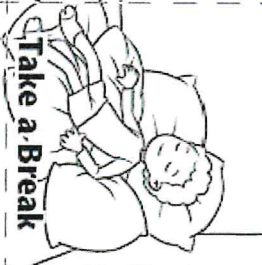
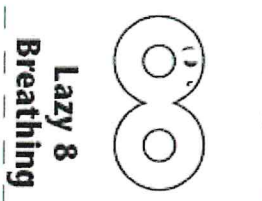

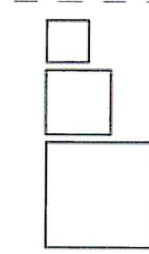

(used with permission from Social Thinking Publishing and Zones of Regulation by Leah M. Kuyper-s)

Toolbox Icons for Interactive

ZONES OF REGULATION Name Plates | Name Plates |

 Carry	 Read	 Jump
 Bounce	 Run	 Push
 Tickle	 Pull	 Swing
 Talk to Adult	 Hug	 Animal Walks

Copyright © 2011 Social Thinking Publishing
This page may be copied for the purposes of educating students and other professionals.

 Listen to Music	 Squishes	 Walk
 Jumping Jacks	 Shoulder Rub	 Belly Breath
 Inner Coach	 Take a Break	 Lazy 8 Breathing
 Fidget Ball	 Size of Problem	 Six Sides of Breathing

Copyright © 2011 Social Thinking Publishing
This page may be copied for the purposes of educating students and other professionals.