

MEHLVILLE EC PBIS PRESENTS

THE ZONES OF REGULATION®

What are the Zones?

- a framework designed to teach children how to recognize & communicate how they are feeling in a safe, non-judgmental way
- helps children identify emotions and categorizes them into 4 zones: blue, green, yellow, and red
- gives students strategies or "tools" to move through the zones

BLUE ZONE: *sick, tired, sad, bored, moving slowly*

GREEN ZONE: *happy, calm, ready to learn*

YELLOW ZONE: *frustrated, worried, wiggly, excited*

RED ZONE: *mad, terrified, out of control*

The goal of this program is to help our preschoolers understand how to appropriately express and manage their emotions.

The yellow and red zones are NOT bad! Everyone feels mad, silly, and scared at times- as adults, we can give them strategies to cope with these emotions

Example: "It looks like you're feeling mad that we are not playing the game you wanted. I think your body is in the Red Zone! Let's try to take 3 deep breaths. "

