

Zones of Regulation

The Zones of Regulation is a tool used to help children understand and recognize their emotions, and learn what triggers them in each zone. This tool also helps teach children healthy coping strategies for each zone they are in. Children are able to understand this tool easily, and it can be used in many different environments.



Zone

Emotions

Strategies



BLUE ZONE

Sad

Tired

Sick

Bored

Lonely

Slow
Moving

Talk to an adult

Ask for a hug

Listen to music

Drink water



GREEN ZONE

Happy

Calm

Focused

Proud

Relaxed

Good to
Go

Learn new things

Help others

Preferred activity

Listen to directions



YELLOW ZONE

Scared

Anxious

Excited

Wiggly

Upset

Confused

Take a walk

Use fidgets

Take a break

Read/write/color



RED ZONE

Angry

Mean

Yelling

Terrified

Hitting

Out of
Control

Deep breathing

Count to 10

Squeeze a pillow

Walk away &
Get help

Zones of Regulation

Create your own! Print and use this page as a way to have a discussion with your child about the different zones and emotions they attribute to each zone, as well as strategies for getting back to the green zone. Brainstorm together and consider both co-regulation strategies (that you or another trusted adult do alongside them) and self-regulation strategies that your child can practice on their own.



Zone **Emotions** **Strategies**



BLUE ZONE



GREEN ZONE



YELLOW ZONE



RED ZONE