

# THE ZONES OF REGULATION®

## Getting Started with The Zones at School

The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.

This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into **four colored Zones, all of which are expected in life.**

Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



### Blue Zone

Sad - Bored  
Tired - Sick



### Green Zone

Happy - Focused  
Calm - Proud



### Yellow Zone

Worried - Frustrated  
Silly - Excited



### Red Zone

Overjoyed/Elated  
Panicked - Angry - Terrified

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**"The framework is designed to move learners toward more independent regulation while also honoring and respecting the learner and their unique self."** – Leah Kuypers, The Zones of Regulation creator

## THE ZONES OF REGULATION FRAMEWORK & CURRICULUM

### What it IS

- A proactive, skills based approach
- A simple, common language to understand, talk about and teach regulation
- A consistent, metacognitive pathway to follow for regulation
- A systematic framework with developmental sequence of lessons
- Meant to be adapted for your learners and setting

### What it ISN'T

- A behavior approach
- A discipline model, punitive in nature
- A scripted curriculum with different lessons for each age/grade level
- Only about teaching the 4 Zones and feelings associated with them
- A "one size fits all" framework