

Zones of Regulation®

Visual color symbols to represent the different ways we feel and our levels of alertness

What zone are you in? How can you get to green?

The Blue Zone

- Low state of alertness
- Tired, sad, and/or bored

- Engage in physical activity
- Talk to others
- Listen to favorite/calming music
- Drink cold water

The Green Zone

- Calm, happy, content
- Ready to be involved

- Read a book, listen to music
- Engage in productive and positive activities and interactions
- Use affirmative self-talk

The Yellow Zone

- Elevated emotions, but in control
- Stressed, frustrated, excited, nervous

- Relaxation movements/exercises, stretching, aerobic activity
- Talk to someone
- Carry something heavy
- Find somewhere to get cool

The Red Zone

- Extreme emotions, out of control
- Anger, rage, terror, explosive behavior, devastation

- Take a break; Find somewhere to get cool
- Think safety; remove yourself from situation if possible
- Take deep breaths and practice relaxation strategies

Source: www.zonesofregulation.com

The Zones of Regulation was developed by Leah Kuypers, MA Ed., OTR/L



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