|  |  |
| --- | --- |
| mhy3q4ba[1]  **BRINGING OUT THE BEST** | zones of  •  regulation |
| A major task of childhood is learning how to regulate emotions. As parents and teachers, you can help children by identifying and labeling your own emotions as well as those that you see children exhibiting.  **What are the Zones of Regulation?**  The zones are conveniently divided into four colors (Green, Yellow, Blue and Red) that are associated with an array of emotions. For example:  **Green: Happy, Calm, Focused**  **Yellow: Excited, Frustrated, Worried**  **Blue: Sad, Tired, Bored**  **Red: Angry, Afraid, Mad**  **How can you use the zones posters?**  The Zones posters identify feelings as well as what children are typically doing when they are in each respective zone (e.g., ready to learn, being silly, walking slowly, or hitting others). It is most important to recognize that the zones are intended to help children begin to recognize and handle their emotions independently; they ARE NOT intended to be used as a behavior chart! We want children to recognize that it is absolutely okay and normal to be “in the blue” or yellow or red, but, that we ultimately want to be “in the green.” Thus, with each zone is an accompanying toolbox that provides ideas of how children can regulate their own emotions and get back to their green zone (e.g., take deep breaths, talk to someone, or ask for help). As a teacher or parent, you can introduce the zones by using them yourself! For example:  “When my friends choose to hit each other, it makes me very sad. That means I am in my blue zone.” You could then ask for the child/children’s help: “If I am in my blue zone, what can I do to help get back to green? Back to feeling happy?” Using the toolbox side of the poster, review all the possible options and decide which is most appropriate.  You could also label children’s emotions as you see them: “It looks like you are very excited about going outside! Are you in the yellow zone? I know that it Is exciting to go outside, but we need to be focused on our work right now. What can we do to help calm ourselves and get back to our green zone?”  Be sure to talk about and implement the posters at every available opportunity! | |