

# The ZONES of Regulation™

Hello, I hope you are all well.

Please find attached the below resource; it is not as scary as you might think.

We all know when our children are “not quite right” and you know there is something wrong.

Children sometimes, as you know, struggle to explain how they are feeling and what is wrong, just like adults.

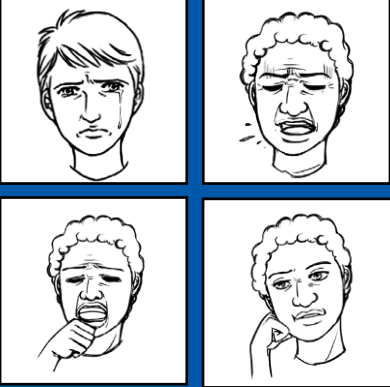

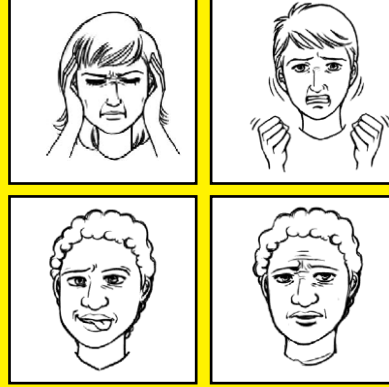
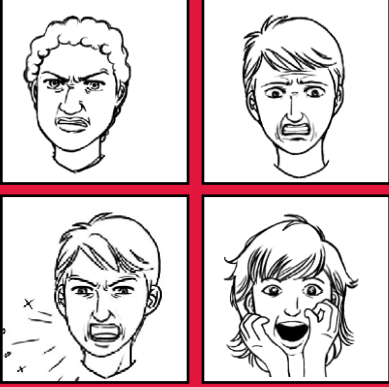
So this chart may help them, you can use it to talk about events that have happened and how that felt then, which will enable them to recognise different feelings in the future and to thus communicate to parents, friends, relatives and teachers how they are feeling.

I hope this may be of some help in these difficult times.

TAKE CARE

God Bless 🙏

# The ZONES of Regulation™

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>