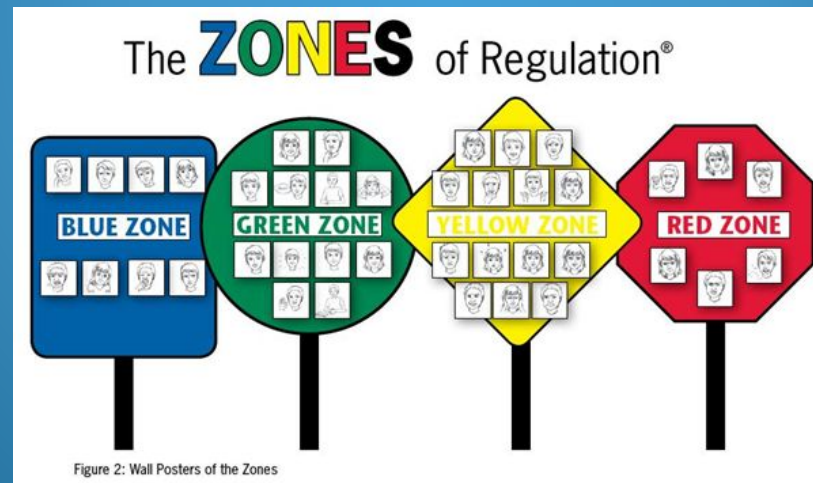


Zones of Regulation Parent Workshop

2nd November 2023



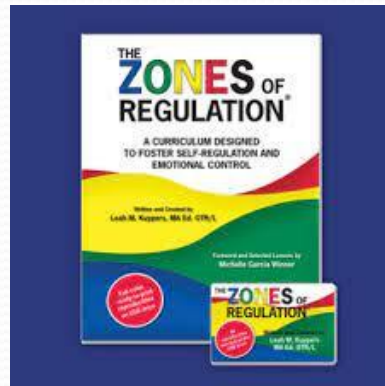
Clare Knapman

Parent Workshop Agenda

- ★ What is Zones of Regulation?
- ★ How do we teach it at Wimbledon Chase?
- ★ How can you use it at home?

What is Zones of Regulation?

The Zones of Regulation is an internationally renowned intervention which helps children to understand and manage emotions, known as 'self-regulation'.



Developed by an Occupational
Therapist - Leah Kuypers

What is Self Regulation?

Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self management'. Self-regulation is best described as the best state of alertness for a situation.

From time to time, all of us find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively.

The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

The importance of self-regulation

By fostering emotional control and regulation, children can learn better, have more positive relationships with others and feel happier.



















Learning about the ZOR can help children...

- ★ Become more aware of their emotions
- ★ Develop independence in controlling their emotions and impulses
- ★ Manage sensory needs
- ★ Improve ability to problem solve conflicts
- ★ Know that problems come in different sizes

What is the Zones of Regulation?

4 different colour zones

How am I feeling today?

 Sad / Miserable	 Happy / Cheerful	 Worried / Anxious	 Overjoyed / Elated
 Bored / Disinterested	 Focussed	 Frustrated / Annoyed	 Panicked / Fearful
 Tired / Exhausted	 Calm / Composed	 Silly / Mischievous	 Angry / Irritated
 Sick / Unwell	 Proud / Pleased	 Excited / Thrilled	 Terrified / Alarmed

Today I am feeling because

The MOST important things to remember about the ZOR:

There are no good or bad zones.

All zones are valid.

All moods are valid.

You just may feel more comfortable, content and able to achieve when you are in the **green zone**.

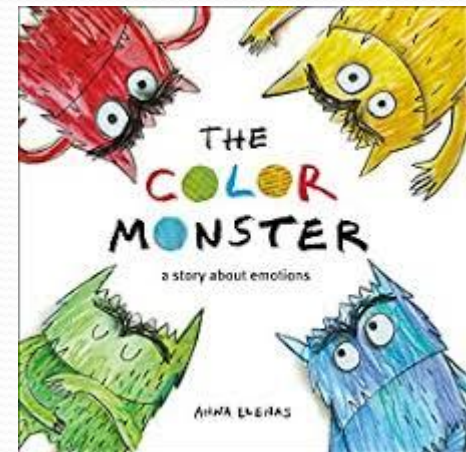
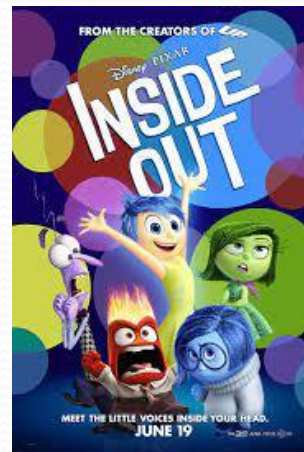
The Zones

- ★ The Zones are similar to traffic signs.
- ★ Being 'in the **Green Zone**' means we are "good to go".
- ★ The **Yellow Zone** means be aware or take caution, "I am starting to loose control".
- ★ The **Red Zone** means stop, "I am out of Control".
- ★ The **Blue Zone** means care is needed; where someone needs to rest, re-energize, re-balance or talk.

Zones of Regulation at WCPS

Stage 1

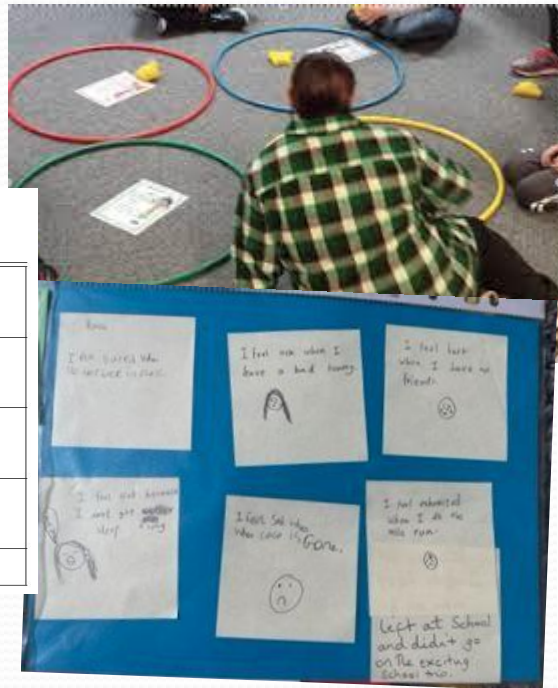
- ★ Name and label emotions
- ★ Recognise facial expressions and body language
- ★ Build up emotional vocabulary
- ★ Sort emotions into the different colour zones



Zones of Regulation at WCPS

Stage 2

- ★ Me in My Zones
- ★ Zones Across the Day
- ★ Scenarios



Which **ZONE** Would I Be In?

All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

The ZONES of Regulation® Reproducible N

's **ZONES** Across the Day:

Blue																				
Green																				
Yellow																				
Red																				

Times I may be in the **BLUE** ZONE...

Times I may be in the **GREEN** ZONE...

Times I may be in the **YELLOW** ZONE...

Times I may be in the **RED** ZONE...

ZONES Check-In



I



feel

.



I'm in the

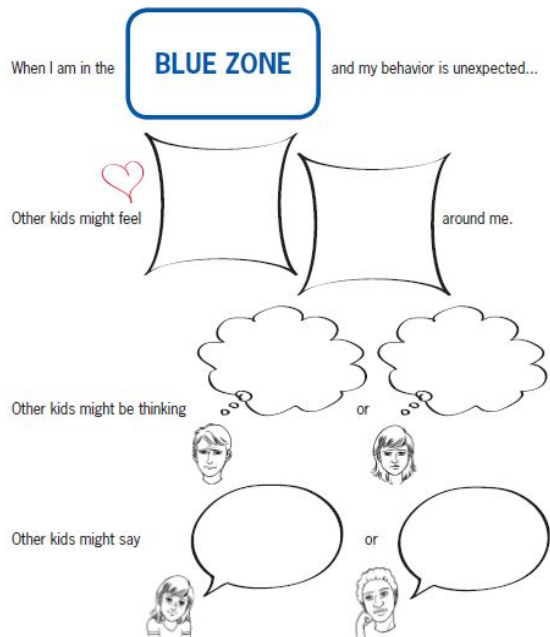
Zone.

Zones of Regulation at WCPS

Stage 3

- ★ Understanding different perspectives
- ★ Unexpected vs Expected behaviours
- ★ How our behaviour affects others

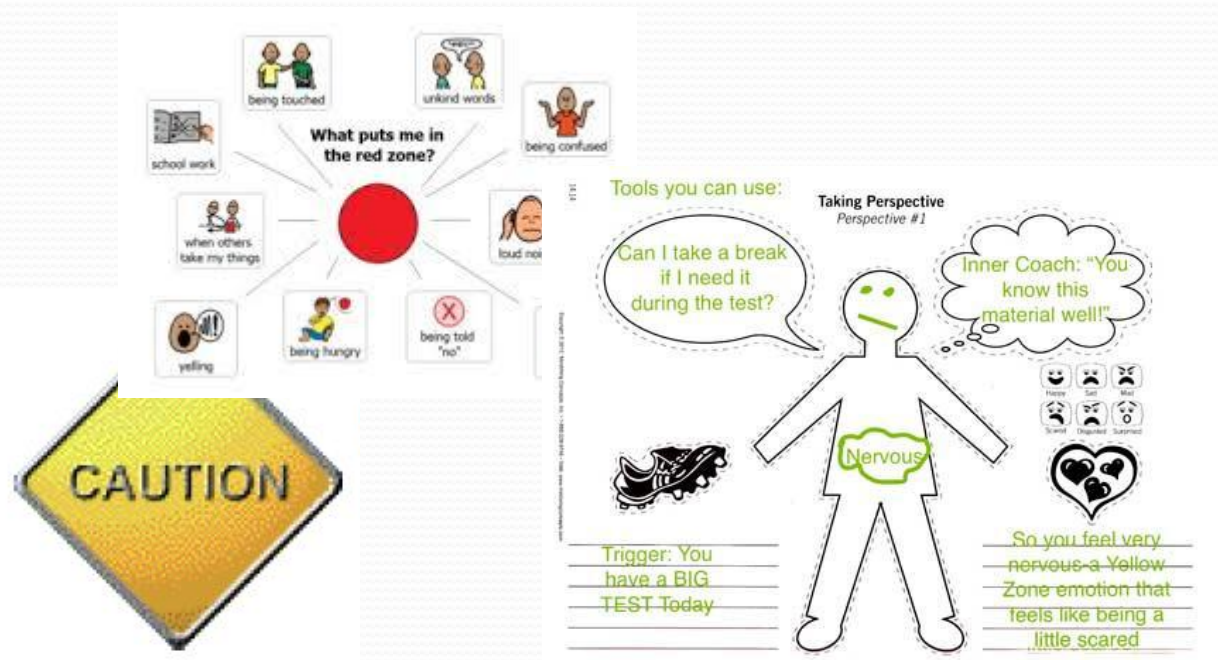
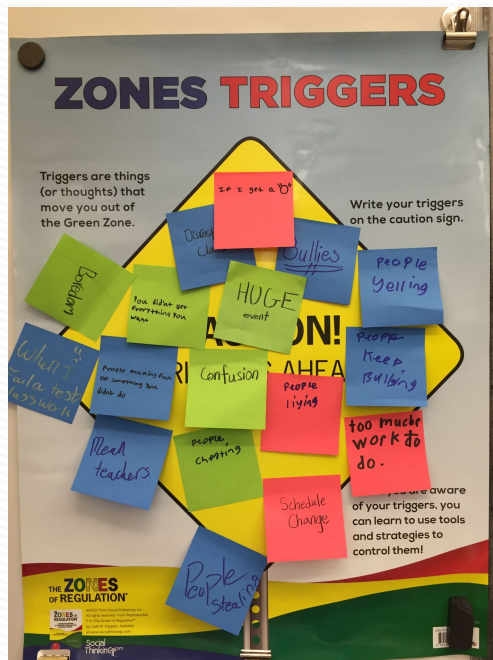
Understanding Different Perspectives



Zones of Regulation at WCPS

Stage 4

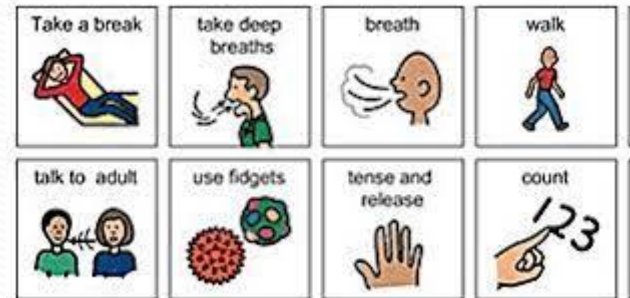
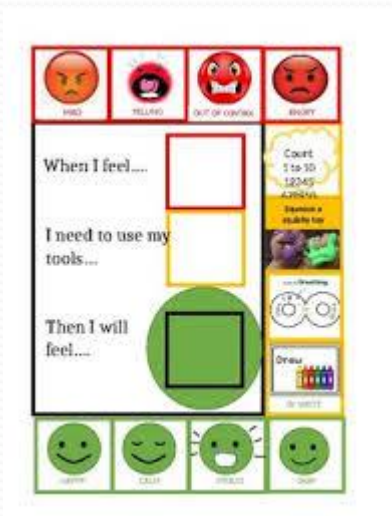
- ★ Triggers!
- ★ Things that put you in the red, yellow or blue zone



Zones of Regulation at WCPS

Stage 5

- ★ Exploring tools to help regulate and get back to green
- ★ Building Own Toolkit



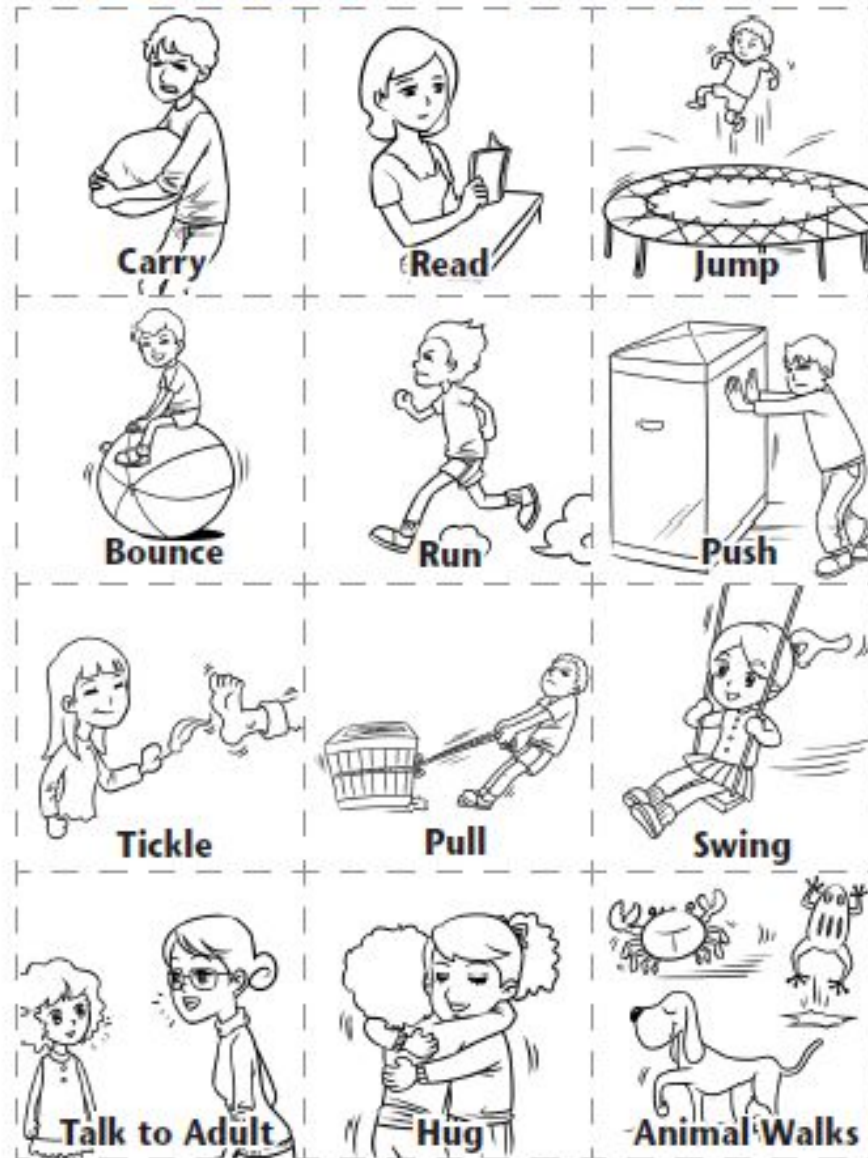
Size of the Problem Worksheet

Big vs. Little Problems

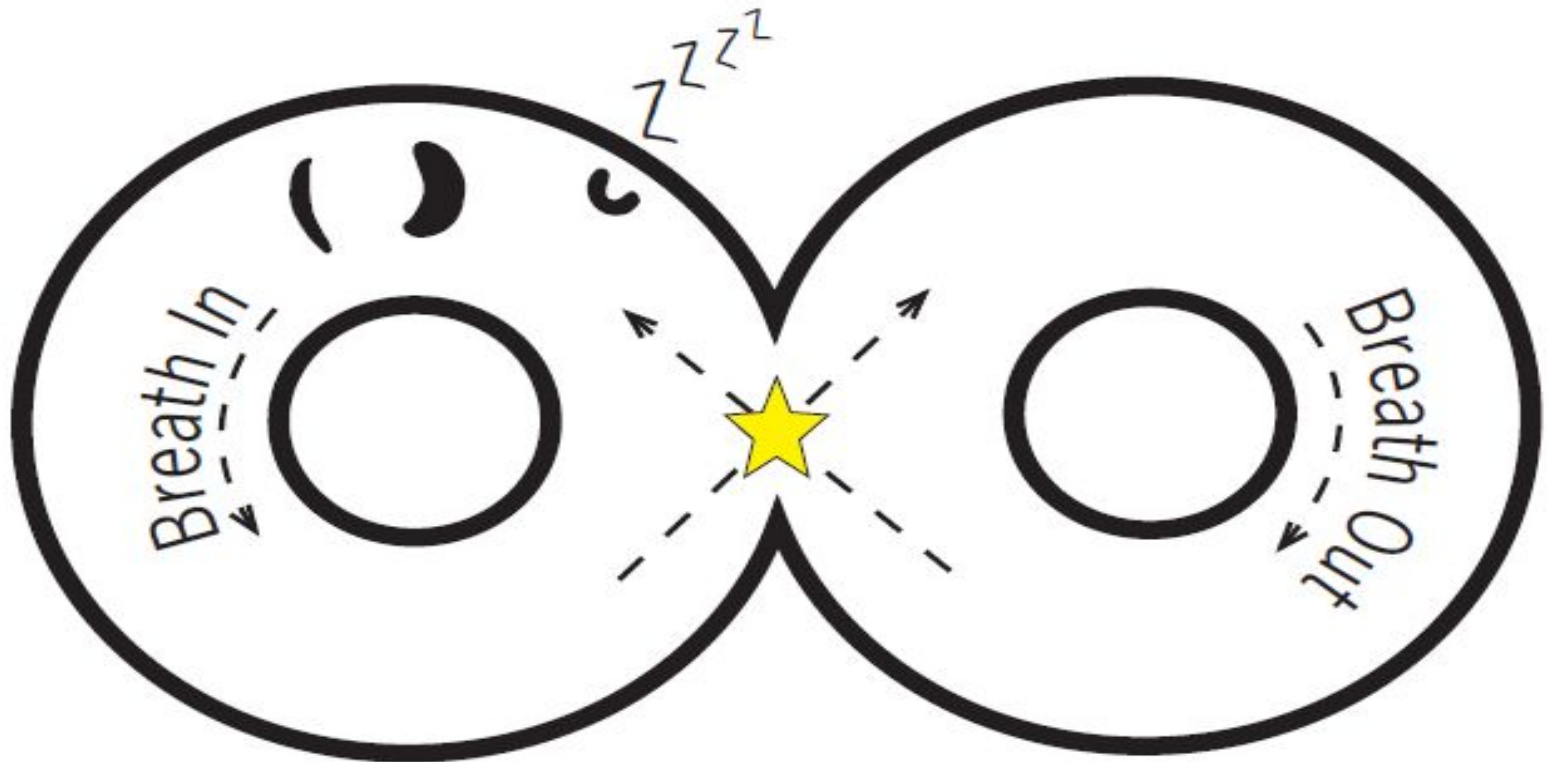
People see these as Big Problems	5	
	4	
People see these as Medium Problems	3	
	2	
People see these as Little Problems	1	

ZONES Tools Menu

Here are some tools you could introduce to the children to help them transition back to the Green Zone.



Lazy 8 Breathing

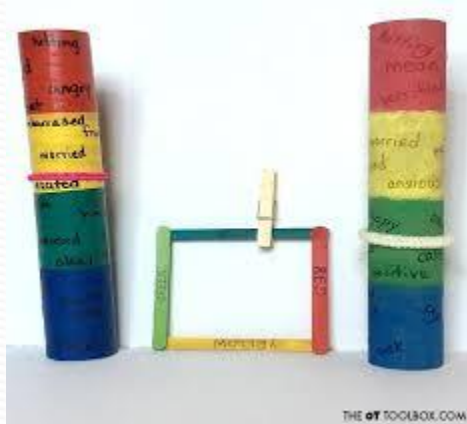


How to use the Zones at Home

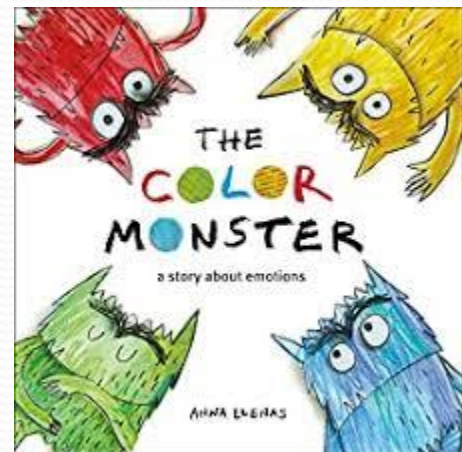
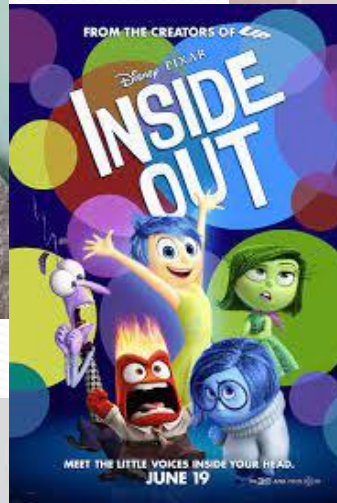
- ★ Use the language “I can see you are in the blue zone”
- ★ Talk about your own emotions “the car would not start this morning and I was in the yellow zone “
- ★ Have family emotions check ins
- ★ Calm Corner or kit
- ★ Talk about Triggers & Tools together. What helped?
- ★ Reward children (and yourself) for using your tools
- ★ Talk about emotions & zones you see in stories and movies and pictures



Zones At Home



THE OT TOOLBOX.COM



Credit: Carin Stronczek, Brookwood Elementary Hillsboro, OR



Credit: The Kuyper Family

Calm Down Kit - younger children



Calm down cards - small container of bubbles - Chewelry - weighted stuffed animal - calm down bottle - emotion cards

Weighted blanket or soft blanket - playdough (this calming lavender playdough is perfect) - noise cancelling headphones

Stress ball (easily make your own) - water bottle with a chewable straw - sound machine - slime or silly putty

Rescue Remedy- fidgets - I Spy wand - kaleidoscope - favourite book or a book about feelings

Affirmations colouring book and crayons - liquid motion bubble timer - Squishies - small framed photo of their family or beloved pet

mini Etch-a-Sketch - palm massager - Harmonica - smell bottles - textured sensory balls - pinwheel - sensory bag

Calm Down Kit - older children



Calm down cards - hard sweets to suck on - favourite book - chewing gum - puzzle - Rubik's cube

Bubble wrap - Big Life Journal - colouring book and markers or pencil crayons - instant camera (for taking "selfies" to better understand their emotions) - yoga pose cards - journal and pen - knitting or crocheting -

Lava Lamp - lego

Books & Films

The WORRYSAURUS



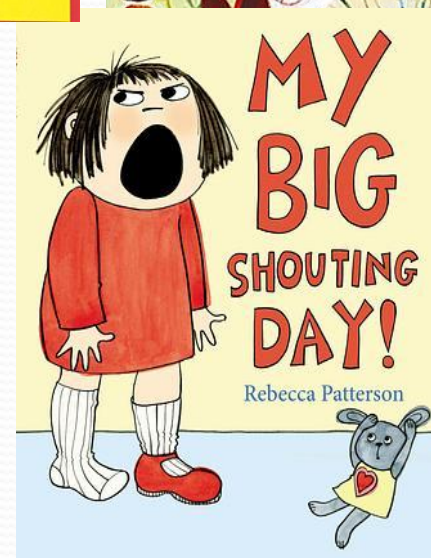
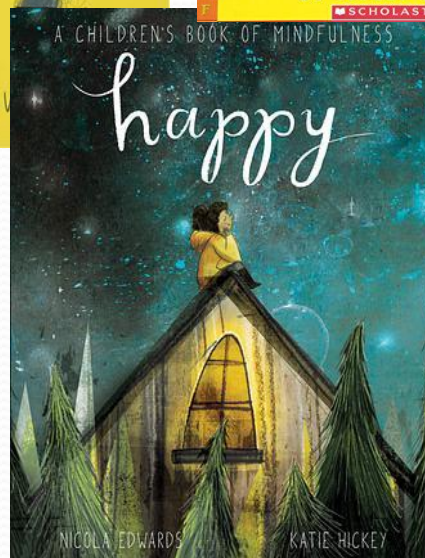
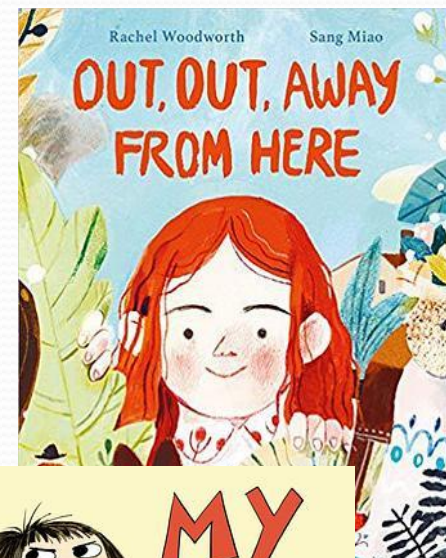
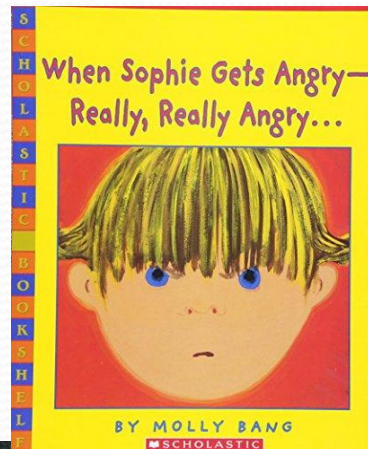
RACHEL BRIGHT

CHRIS CHATTERTON

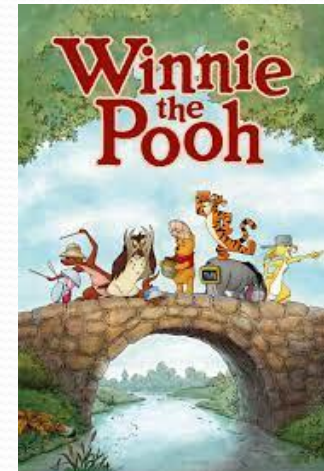


AMANDA McCARDIE illustrated by SALVATORE RUBBINO

"Remarkable ... a good starting place to help children talk through emotions." Observer



Films



Key points

- ★ No good or bad zones
- ★ Talk talk talk!
- ★ Everyone has emotions
- ★ Everyone's tools are different

