

Zones of Regulation

Green Zone



Emotions:

Happy
Calm
Feeling OK
Focused
Ready to learn

Blue Zone



Emotions:

Sad
Sick
Tired
Bored
Moving slowly

Classroom coping strategies:

Talk about it
Have a drink
of water
Ask for help

Yellow Zone



Emotions:

Frustrated
Worried
Silly / Wiggly
Excited
Loss of some
control

Classroom coping strategies:

Talk about it
Have a drink
of water
Ask for help
Count slowly to 10

Red Zone



Emotions:

Mad / Angry
Terrified
Yelling / Hitting
Elated
Loss of control

Classroom coping strategies:

Count slowly to 10
Have a drink
of water
Talk about it
Slow breathing

Expected behaviour

Expected behaviour is behaviour which makes other people feel comfortable and happy to be around us. We will be thinking about what expected behaviour looks like in different situations. For example, it is expected behaviour when children run and shout in the playground



Unexpected behaviour

Unexpected behaviour is behaviour which makes people feel uncomfortable and unhappy to be around us. We will be thinking about what unexpected behaviour looks like and how this affects the way people around us feel. For example, it is unexpected behaviour when children run and shout in the classroom or corridor.

