



## What are the “Zones of Regulation”?

Research has shown that the ability to self-regulate is directly related to academic success!

### What is self-regulation?

- Self-regulation is being in the best state of alertness of both body and emotions for a specific situation. It involves managing sensory needs, emotions, impulses, and behaviours to meet the demands of the environment in a socially appropriate way.

**The Zones of Regulation** is a program categorizing feelings and alertness into four zones, and teaching strategies to help people change zones if needed.

### The 4 Zones:

- **Blue** – a low level of energy and alertness e.g. sad, sick, tired or bored
- **Green** – in control, ready to learn e.g. calm, happy
- **Yellow** – starting to lose some control, e.g. silly frustrated, worried
- **Red** – out of control, e.g. angry, wild

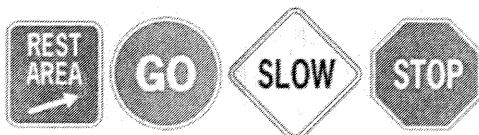
### Important Points:

- There is no “bad” zone
- We work to match our zone to the situation
- We experience each of the zones at different times and circumstances

### In class, we work with children to:

- Help them identify their feelings
- Teach them about the four zones
- Practice effective tools to help them self-regulate
- Understand when and how to use tools
- Problem-solve solutions
- Learn how their behavior influences others

**Remember:** One of the most powerful ways to teach a child how to self-regulate is to show them how we do it!



If you have any questions, please contact your RVS Occupational Therapist.



## RALPH McCALL SCHOOL

1505 1<sup>st</sup> Avenue NW  
Airdrie, AB  
T4B 2L9



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In our class we are learning about the “Zones of Regulation”, a program which works on developing self regulation skills. Self regulation skills are considered to be an important foundation to children’s success in school. Our RVS occupational therapist, Janet Gibb, is working with us in the classroom.

This program talks about recognizing and managing feelings, learning how to be alert and ready to learn, and how to use different tools (calming tools, thinking tools and sensory support tools) to help us get there.

Please find an attached hand out which explains some of the information that is being presented. If you would like further information, please contact myself or Janet at [jgibb@rockyview.ab.ca](mailto:jgibb@rockyview.ab.ca).

Sincerely,

Christine Plett  
[cplett@rockyview.ab.ca](mailto:cplett@rockyview.ab.ca)  
403-948-7030

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