



What can I do to support the Zones of Regulation at home?

[Learn More about the Zones - THE ZONES OF REGULATION: A CONCEPT TO FOSTER SELF-REGULATION & EMOTIONAL CONTROL](#)

Identify your own feelings using Zones language in front of your child e.g. 'I'm feeling frustrated because..... I am in the Yellow Zone'.

Talk about which tool you will use to be in the appropriate Zone e.g. 'I'm going to go for a walk as I need to get to the Green Zone'.

Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone e.g. 'I can see you are working really hard to stay in the Green Zone by

Label which Zones your child is in throughout the day e.g. 'You look sleepy, I wonder if you are in the Blue Zone?'

Teach your child which Zone tools they can use e.g. 'It's time for bed, let's read a book together to get to the Blue Zone.'

Display the Zones and Zone tools in your home.

Make and use portable Zone cards.

Play 'Feelings' charades.

Take turn choosing emotions cards, act it out using face/body clues then guess the emotion. Discuss which Zone it is in and why.

Name the feelings/emotions of characters while watching a film or while reading a book.

Play Zones Twister – when you put a hand on a colour, you have to say a time you were in that colour zone. When it's a foot, you have to name a strategy you would use to stay in or get back to the green zone.





Use Lego base boards and mini-figures to show emotions

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control



BEA INCLUSIVE

What zone are you feeling today?

 <p>Blue Zone</p> <p>Sad Tired Sick Bored Feeling slow</p>	 <p>Green Zone</p> <p>Calm Happy I'm focused Feeling okay In control</p>
 <p>Yellow Zone</p> <p>Excited Worried Anxious Nervous Frustrated Confused Silly</p>	 <p>Red Zone</p> <p>Angry Mad Scared Panic Terrified I want to yell I'm not in control</p>

www.beainclusive.com

Useful books:

The Way I Feel – Janan Cain

The Colour Monster - Anna Llenas

The Big Angry Roar - Jonny Lambert

When Sadness Comes to Call - Eva Eland

How are you feeling today? - Molly Potter

[Children's Books About Feelings And Emotions | Children's Mental Wellbeing \(penguin.co.uk\)](https://www.penguin.co.uk)