

WHAT ARE THE ZONES?

First and very importantly, there are no bad zones! Each zone is created for students to be able to acknowledge what zone they are in. The next step is to think about how the zone they are in is making others around them feel. If they are in a zone that is making people around them uncomfortable, then they need to use coping skills (tools) to get their body and brain back to a calm state. For school, the most comfortable zone is the Green Zone.

THE FOUR ZONES: OUR FEELINGS DETERMINE OUR ZONE

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is in the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them. For example, when playing on the playground or in an active/competitive game, students are often experiencing silliness or excitement and are in the Yellow Zone, but it may not need to be managed. However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behavior meets the expectations of the library setting.

When your student finds they are in Blue, Yellow or Red when they need to be in the Green, that is when they would look to the Coping Skills, or Toolbox, for ideas of how to calm their body & brain in a healthy way.

Find more information on The Zones of Regulation website: <https://www.zonesofregulation.com/>

Questions? Contact us at Aquila!

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