

## Zones of Regulations Overview

### What is Zones of Regulation?

Zones of Regulation is an approach used to support the development of self-regulation in children. All the different ways children feel and the states of alertness they experience are categorized into four coloured zones. Children who are well regulated are able to be in the appropriate zone at the appropriate time.

<b>Blue Zone</b> tired, sad e.g. getting ready to go to bed	<b>Green Zone</b> calm, happy e.g. doing a puzzle at table
<b>Yellow Zone</b> silly, frustrated e.g. playing chase game with friends	<b>Red Zone</b> angry, out of control e.g. jumping with excitement

### Why use Zones of Regulation?

To teach children how to:

- Identify their feelings
- Be aware of what zone they are in
- Start to use tools to be in the appropriate zone for the moment

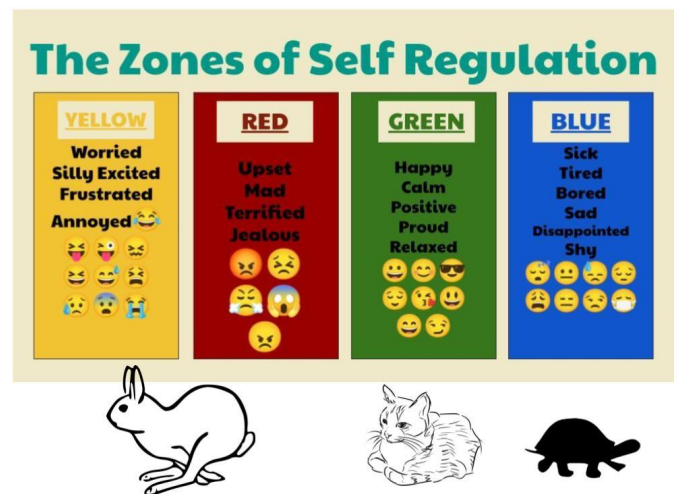
### How do I introduce Zones of Regulation?

- Identify your own feelings using Zones language in front of your child (e.g. "I'm frustrated, I am in the yellow zone")
- Talk about what tool you will use to be in the appropriate zone (e.g. "I'm going to go for a walk, I need to get to the green zone")
- Label what zone your child is in throughout the day (e.g. "you look sleepy, you are in the blue zone")
- Teach your child what Zones tools he can use to help him stay in the zone or move to a different zone (e.g. "it's time for bed, let's read a book together in the rocking chair. We're in the blue zone")
- Reference the visuals on the back of this handout when talking about zones

<https://www.simcoe.ca/ChildrenandCommunityServices/Documents/Early%20Intervention/Zones%20of%20Regulation.pdf>

This is the graphic that we will use at WonderKids.

- Students check in each day by putting a stick in a cup that represents the zone they are in.
- A designated staff will check in with the students who are in Yellow, Red or Blue



# Tools for regulation

- **Breathing**
  - Pretend to have a flower, smell in and out
  - Pretend to blow bubbles
  - Crazy 8 breathing shown in next section (Brain Gym)
- **Run in Place**
- **Jumping Jacks**



## Brain Gym Activities to help regulate!

**Lateralization:** It concerns the way the left and right hemispheres interact. The left hemisphere is specialized in sequential logical operations (language and logics), while the right one allows us a holistic global vision of reality (music and spatiality).



**Brain Gym benefits students because of the crossing of hemispheres. In the following activities you will see crossing hemispheres. For example cross your arms is an example.**

### Cross crawls

Students alternately move their arms towards the opposite leg and then vice versa. Since each limb is governed by the hemisphere of the opposite side, this exercise facilitates connection between the two Hemispheres. See an how to video of this at <https://www.youtube.com/watch?v=AbmKAQE7-Ys>

### Hook-ups

The exercise can be done while standing, sitting or lying down. Students cross the left ankle on the right one. Then they intertwine fingers and bring them near the chest. They close their eyes, breathe deeply for a few minutes and relax. Then students free hands and legs and finger tips touch gently while they keep on breathing deeply.

**Hook-ups help:**

- **mind and body relaxation**

Here is a youtube video to see it

<https://www.youtube.com/watch?v=dap-9fNt7uU>



## Lazy eight's

The activity consists in drawing horizontal eight's in the air with your hands. It activates brain and improves:

- eye-muscles coordination
- connection between hemispheres
- bi-ocular and peripheral vision
- reading speed.

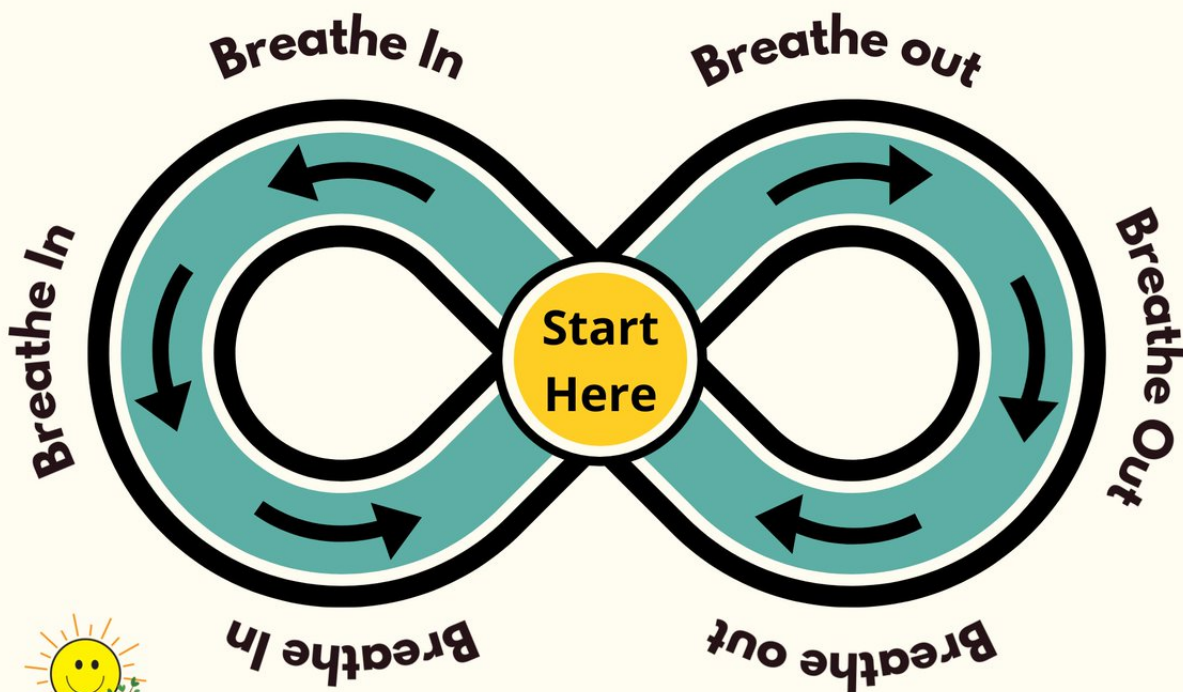
Here is another article to that is good to read about why crossing the midline is important

<https://ilslearningcorner.com/2015-11-why-crossing-the-midline-activities-helped-this-child-listen-to-his-teacher/>

## Mindfulness Exercise

# Lazy 8 Breathing

Start in the middle. Start tracing the left part of the figure eight as you breathe in. When you pass the middle, breathe out as you trace the right side.



We teach the mind to think,  
the hands to work,  
the heart to love!