THE ZONES OF REGULATION

What is it?

The Zones of Regulation is a widely used social-emotional learning (SEL) curriculum created by occupational therapist Leah Kuypers.

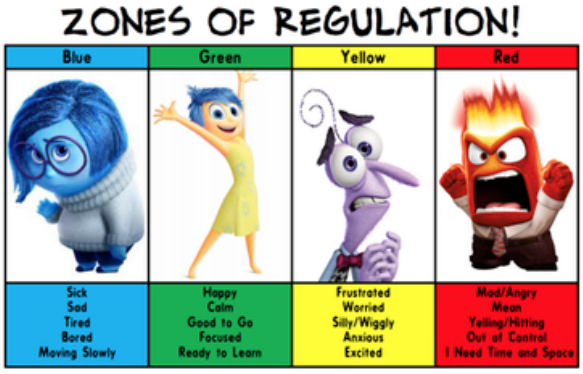
Why Zones?

The Zones of Regulation helps our students to:

- Identify their emotions and states of alertness
- Understand how their feelings affect behavior
- Develop strategies to regulate emotions and behaviors in healthy ways

Know the Zones

- Blue Zone – low states (sad, tired, sick, bored)
- Green Zone – ready to learn (happy, focused, content)
- Yellow Zone – heightened states (silly, anxious, excited, frustrated)
- Red Zone – extremely heightened states (angry, terrified, out of control)





How Can Families Help at Home?

• Talk about which zone your child is in during daily routines. • Model your own emotions (e.g., "I'm in the Yellow Zone because I'm worried"). • Encourage healthy tools like breathing, movement, or positive self-talk. • Remind children that all feelings are okay — it's about learning what to do with them. Thank you families!