

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

Examples of Co-Regulation Strategies

Verbal cues:
"Let's do a Zones Check-In."

Non-verbal cues:
Offer a menu of tool choices/Toolbox

Proximity:
Give space vs. establish a physical presence

Anticipate triggers:
Modify/adapt a task that might be triggering

Proactive systems & plans:
Build in a proactive break as part of daily routine

Tone of Voice:
Maintain a calm and steady voice with learners

Adjust sensory demands:
Dim lights, minimize sounds, adjust temps, etc.

Choice:
Offer options such as how to check-in

Attunement:
Mirror their emotional state, i.e. match their sadness

Affirmation:
"I noticed you chose a regulation tool. Great job!"

