

# ZONES in the Classroom

[Zones of Regulation Video](#)

[Zones of Regulation Website](#)

**Helping students develop self awareness about their state can translate into building understanding of when they need a tool.**

**There are 4 zones: **Blue**, **Green**, **Yellow** and **Red**.**

**Students learn that each zone includes specific feelings and tools that will help them manage feelings and be “**ready to work**”.**





# Tools in your classroom:

## Zone check in area:



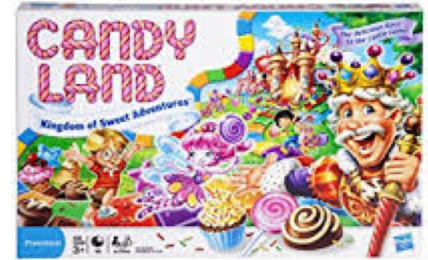
# Tools in your classroom:

Calm Corner- applied for a grant.  
Calming options to choose from.

 <p><b>Blue Zone</b> <b>Tools:</b> Rest Stop</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Think happy thoughts.</li><li>• Talk about your feelings.</li><li>• Ask for a hug.</li><li>• Draw a picture</li></ul>	 <p><b>Green Zone</b> <b>Tools:</b> Go Time</p> <ul style="list-style-type: none"><li>• Complete your work.</li><li>• Listen to the teacher.</li><li>• Remember your daily goal.</li><li>• Think happy thoughts.</li><li>• Help others.</li></ul>
 <p><b>Yellow Zone</b> <b>Tools:</b> Slow Down</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Talk to the teacher.</li><li>• Squeeze my stress ball.</li><li>• Go for a walk.</li><li>• Take three deep breaths.</li></ul>	 <p><b>Red Zone</b> <b>Tools:</b> Stop</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Squeeze my stress ball.</li><li>• Take three deep breaths.</li><li>• Count to ten.</li><li>• Talk about my problem.</li></ul>

# Using the Zones language.

- Games
- Real life examples
- Talking about problems
- Incorporating coping tools



# ZONES in your classroom...



How would this model look in your classroom?

What pieces would be helpful?