

Zones of Regulation -Behaviour Guide



Self Talk - “If I can understand more about how my child is feeling, I can begin to support them in a more meaningful way. Use this guide to understand which zone your child is in when they use a particular behaviour.”

Which zone am I in?

Blue Zone
Hurt
Tired
Bored
Sad

Green Zone
Excited
Calm
Proud
Happy

Yellow Zone
Nervous
Shy
Confused
Surprised

Red Zone
Angry
Yelling
Aggressive
Mad