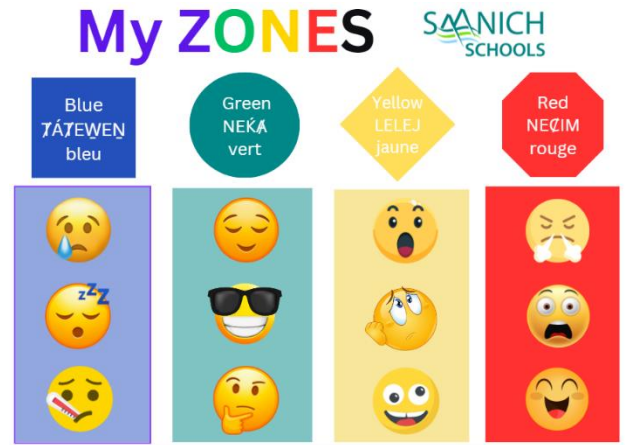


# My ZONES

Feelings are complicated! They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones organizes our feelings, states of alertness, and energy levels into four colored Zones – Blue, Green, Yellow, and Red.



All Zones are Okay! Talking with your child about how they are feeling helps them to understand themselves, solve problems and conflicts more easily, and builds communication skills.

<p style="text-align: center;"><b>BLUE ZONE</b></p> <p style="text-align: center;">Sad Tired Sick Hurt Low energy Lonely Body moving slowly Bored</p>	<p style="text-align: center;"><b>GREEN ZONE</b></p> <p style="text-align: center;">Happy Focused Content Peaceful Calm Feels safe Organized</p>
<p style="text-align: center;"><b>YELLOW ZONE</b></p> <p style="text-align: center;">Stress Frustration Anxiety Excitement Silliness Confusion Nervousness Overwhelmed Have the wiggles</p>	<p style="text-align: center;"><b>RED ZONE</b></p> <p style="text-align: center;">Elated Euphoric Anger Rage Devastated Panicked Out of control Terrified</p>

# How to Use the ZONES at home

- ✚ Identify your own feelings using Zones language in front of your child (e.g.: “I’m frustrated. I think I am in the Yellow Zone.”)
- ✚ Talk about what tool you will use to be in the appropriate Zone (e.g.: “I need to take four deep breaths to help get me back to the Green Zone.”)
- ✚ At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: “You look sleepy. Are you in the Blue Zone?”)
- ✚ Engaging your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. Discuss the different Zones and tools they can use when they are more regulated / calm.
- ✚ Teach your child which tools they can use. (eg: “It’s time for bed. Let’s read a book together in the comfy chair to get you in the Blue Zone.”)
- ✚ Regular Check-ins. “How are you feeling now?” and “How can you get back to Green?”
- ✚ Modelling communication, problem-solving and self regulation strategies is important. Remember to show the children how you use tools to get back to the green zones. You might say “I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone” and afterwards tell your child how using those tools helped you get back to the green zone.
- ✚ Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- ✚ Praise and encourage your child when they share which Zone they are in.