

# THE ZONES OF REGULATION®

## WHAT IS THE ZONES OF REGULATION AND WHY WE USE IT?

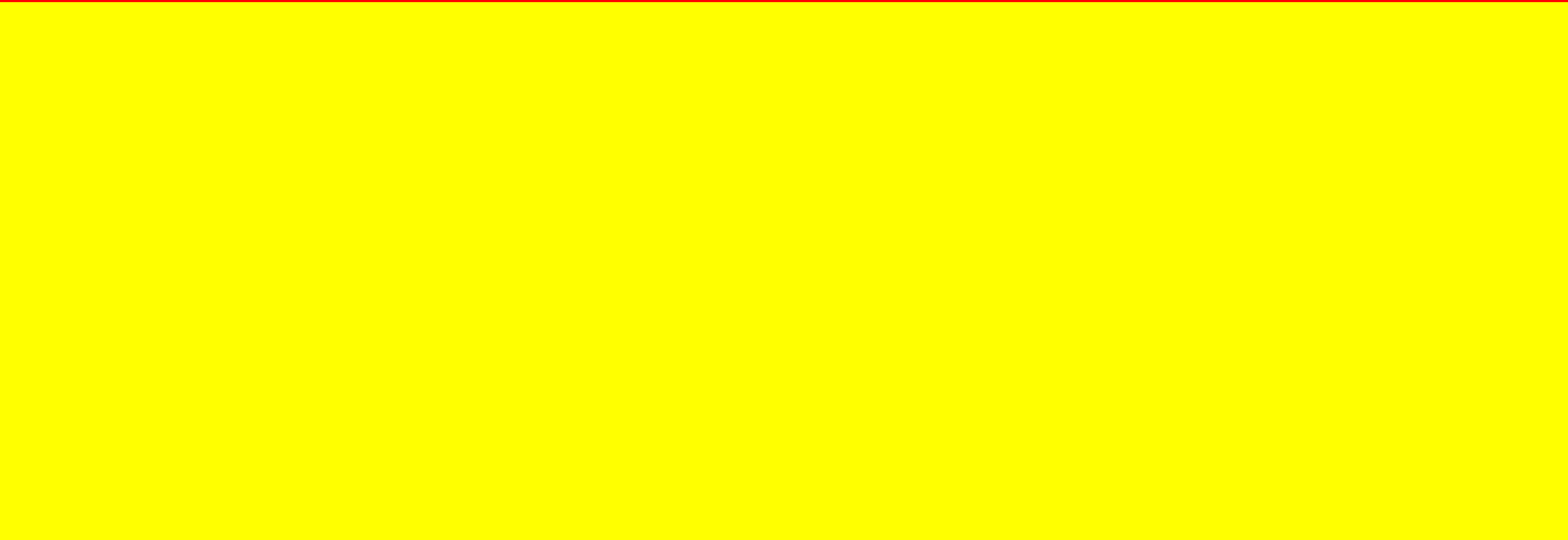
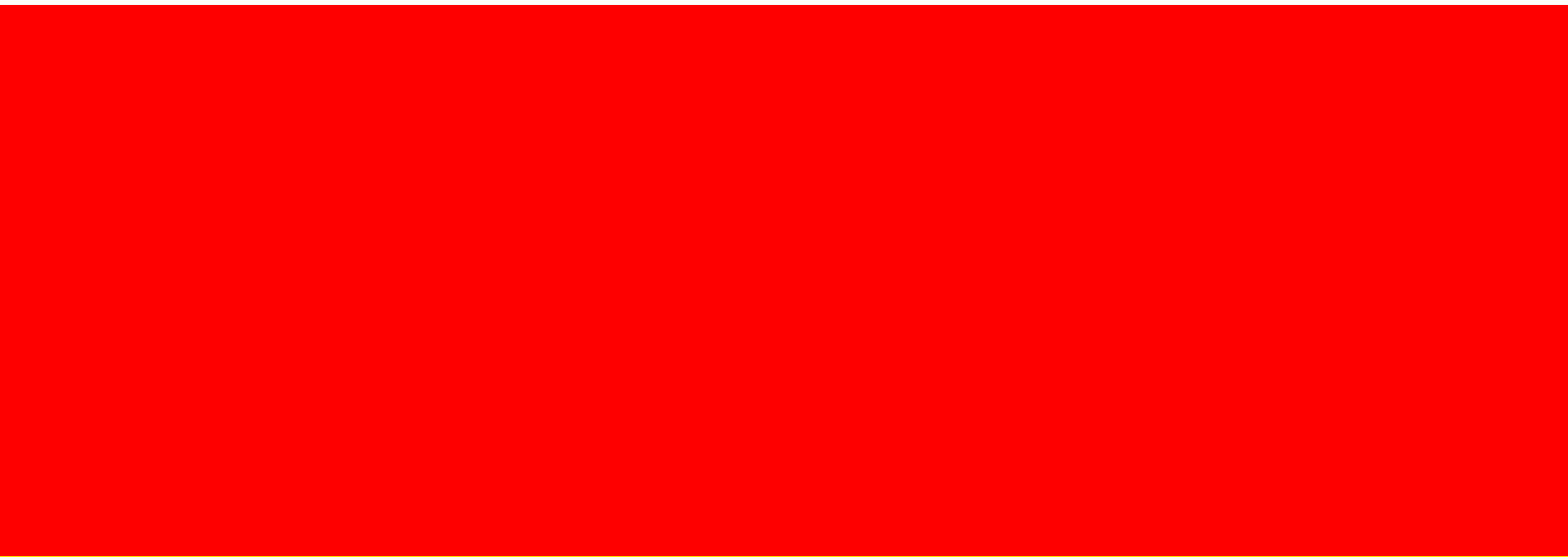
*At KingKids within the Kinder program we're big on the children managing their own emotions and do this by teaching them about the Zones of Regulation.*

The *Zones of Regulation* is a curriculum geared toward helping children gain skills in consciously regulating their actions, which in turn leads to increased control and problem-solving abilities.

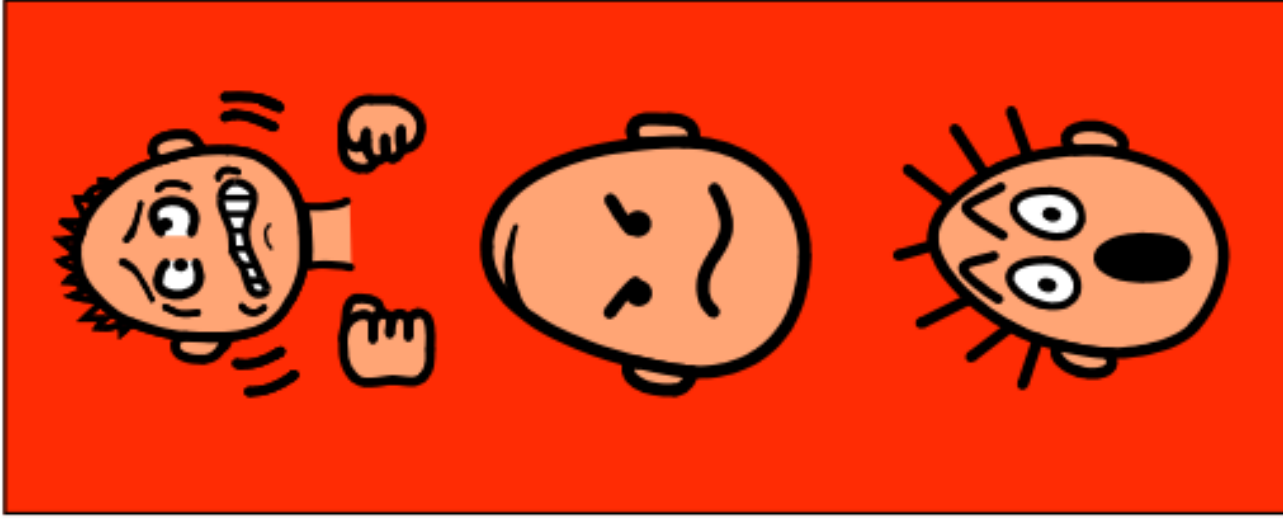
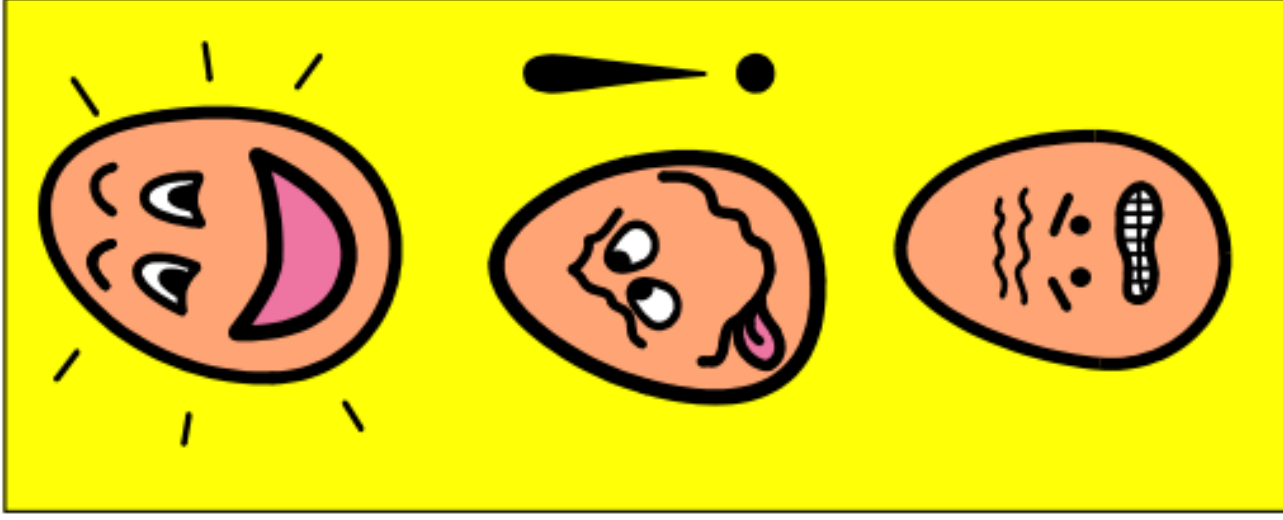
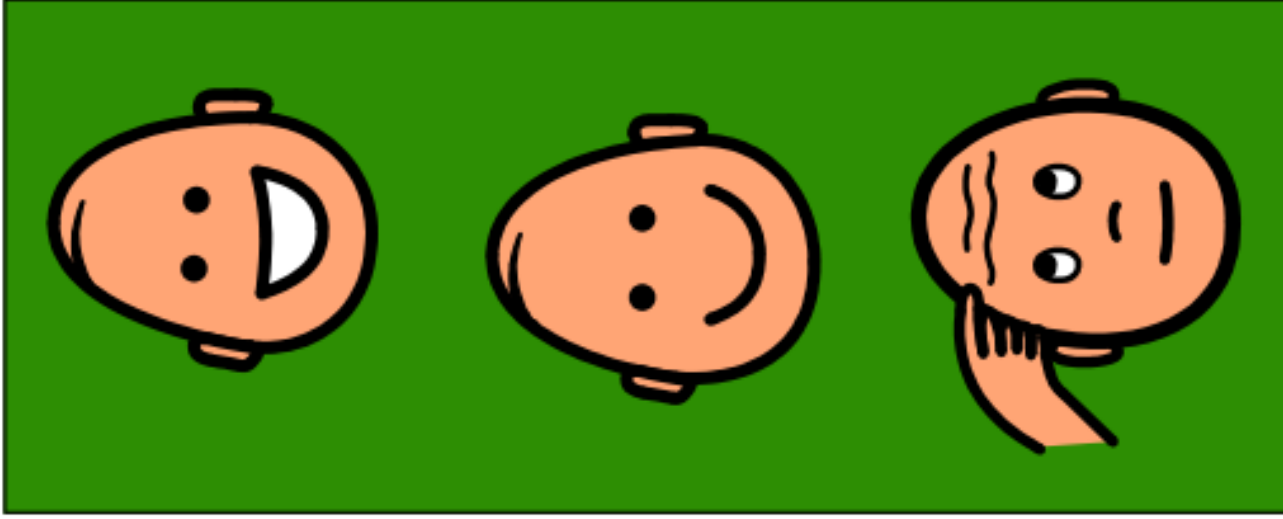
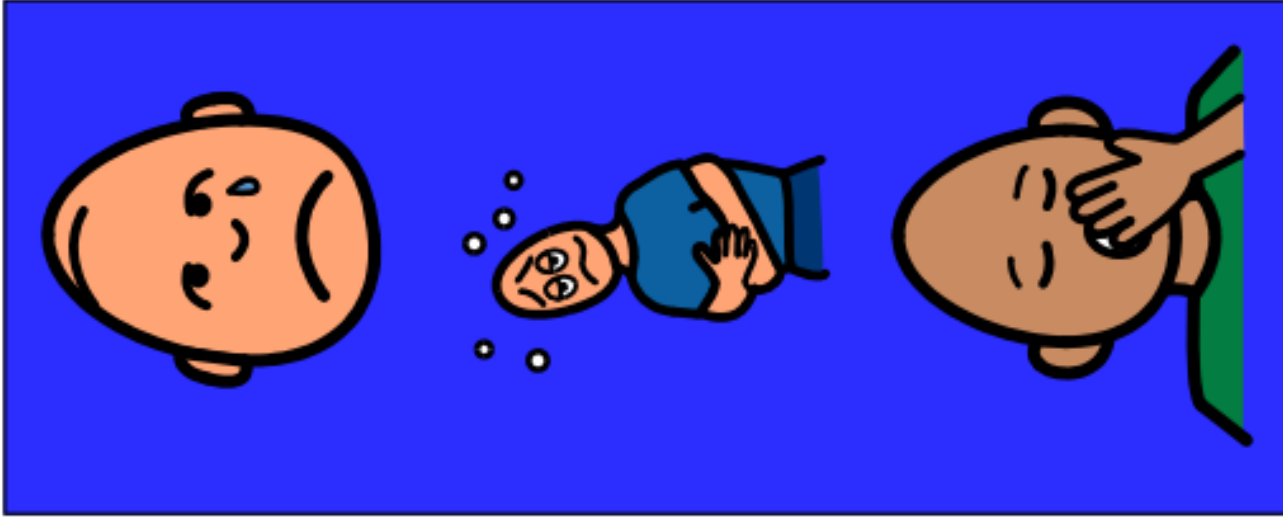
Using a cognitive behaviour approach, the curriculum's learning activities are designed to help children recognize when they are in different states called "zones," with each of four zones represented by a different colour. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another.

Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.

# **ZONES OF REGULATION**



Cut out these faces to use to place them onto the colour chart  
to show how you're feeling

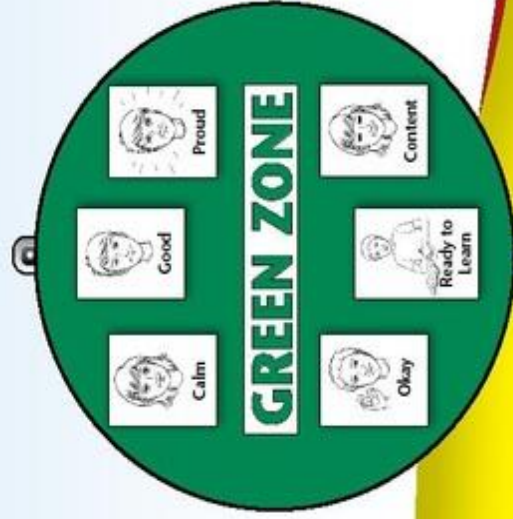


# THE ZONES OF REGULATION<sup>®</sup>



## Blue Zone Tools

Stretch



## Green Zone Tools

Drink water



## Yellow Zone Tools

Deep breaths



## Red Zone Tools

Take a break