

The Zones of regulation

Program Overview

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Program name

The Zones of regulation

Country of Origin

United States

Other Countries

United Kingdom, Ireland

Implementation level of the program

Organization

Type of Program

Evidence-based intervention

Description

The Zones of Regulation creates a systematic

approach to teach regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete

colored zones. Students build skills in emotional and sensory regulation, executive functioning, and social cognition which are integrated into cognitive behavioral therapy. The developed framework helps students to have the ability to independently regulate both their own emotions and to respect the emotions and uniqueness of the other.

Red zone - is an indication of strong emotions. Increased vigilance, states of rage, anger or even devastating horror;

Yellow zone - also for strong emotions, which, however, can be more controlled by the person. Emotions such as anxiety, stress, excitement, frustration or nervousness enter the yellow zone;

Green zone - in this zone a person is in a state of calm. He can describe himself with emotions as satisfied, happy, calm, focused. In this area, one is able to perceive knowledge and information to an optimal degree;

Blue zone - used to describe low personality states, such as sadness, fatigue, illness or apathy.

For easy comparison, an analogue is made with the road signs.

A green light means it's "good to go" or a green zone.

Yellow light means to be vigilant and careful, as in the yellow zone.

Red light means oastnost or that it is necessary to stop, also when you recognize a person in a red zone.

The blue zone means "parking" or a place to rest. Similar to the blue zone, one needs rest to recharge.

The framework is formed by a person's natural experiences, but it actually helps students to realize and learn how to recognize their area based on the environment and its expectations, as well as the people around them.

Age Range

0-3 years, 3-7 years

Age Range Information

4+, 8+, 5-11, 11-18 years, 5-18 years of age

Group Size

To 20 and more.

SEL Skills Targeted

Responsible decision-making, Self-awareness, Self-management

Sequenced Activities

The Zones of Regulation curriculum teaches the students:

Identify their feelings;

Understand their feelings in context;

Effective regulation tools;

When and how to use the tools;

Problem solve positive solutions;

Understand how their behaviours influence others' thoughts and feelings.

The activities are most related to self-awareness, self-management, relationship skills and social management.

The lessons extend different options for performing activities with students according to their age. At the age of 4 and having average or above average learning competencies, children are already able to participate in lessons. For older students or adults who take part in the various activities of the lessons, they may find it very "childish". However, the suggested discussions included in each lesson will be useful for them.

Teaching should be tailored to the individual understanding of each participant and expectations should be adequate for the current stage of development of each child.

Some students with lower levels of emotional competence may not be able to fully understand the framework of the Zones. But with constant work and guidance through visual support, they reach a good level of recognition of their own emotions, while building good strategies for self-regulation.

Active Learning

"Zones of regulation" is a curriculum that includes many visualizations (pictures, illustrations, clipart), which are in an accessible format for printing by anyone. They have several purposes:

to help students recognize different feelings and their degree of vigilance;

learn to understand the relationship between their behavior and the end results;
to learn to resolve conflicts through the necessary tools for self-regulation.

There are also: storybook set and posters, card deck, Zones of Regulation App

Additional Information

<https://www.zonesofregulation.com/>

<https://www.socialthinking.com/>

References

Sanger, K. (2021). Zones of regulation® for preschool students: An intensive skills training intervention model [ProQuest Information & Learning]. In Dissertation Abstracts International Section A: Humanities and Social Sciences (Vol. 82, Issue 5–A).

Citation

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