

# Practical Ways to Support Zones of Regulation™ at Home

Everyday strategies to help children recognize emotions and develop self-regulation skills.

## Understanding the Four Zones



### BLUE ZONE

Tired, sad, bored,  
or poorly.  
Low energy.



### GREEN ZONE

Happy, calm, focused,  
and ready to learn.



### YELLOW ZONE

Worried, frustrated,  
excited, or silly.  
High energy.



### RED ZONE

Angry, out of control,  
or overwhelmed.

All Feelings Are OK. The goal is recognizing feelings and learning responses, not staying in "Green" forever.



"I'm in the Blue  
Zone today  
because I'm  
tired."



"I'm in the  
Green Zone,  
ready to listen."



"I'm feeling  
Yellow, let's do  
a wiggle break."



"I need a break,  
I'm in the  
Red Zone."



## Practical Tools & The "Golden Rule"

### Build a Calm-Down Toolkit



Create a basket with bubbles, fidgets, books, and comfort items for moments of dysregulation.

### Learn Feelings Through Play



Use emotion cubes, charades, and picture books to make emotional learning hands-on and fun.

### Co-Regulate Before You Educate

Stay calm and comfort  
your child before  
attempting to problem-  
solve or teach lessons.

