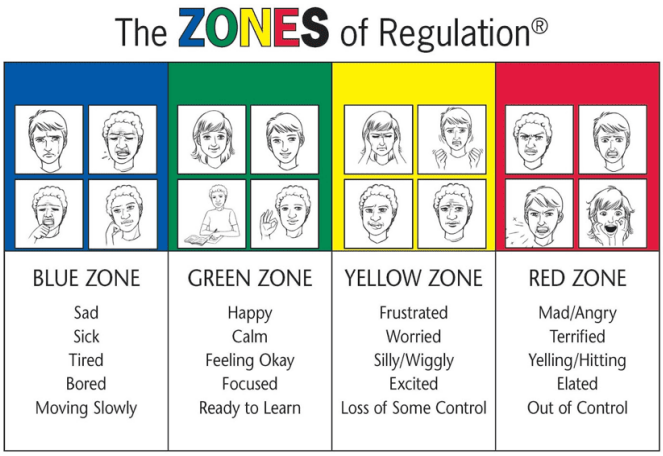
Zones of Regulation®

The zones of regulation are a framework designed to help individuals, especially children, develop self-regulation skills and emotional control.

The framework categorises emotions and states of alertness into four colour-coded zones, each representing a different level of emotional regulation.

The four zones:

- **Blue Zone (Low Energy/Down):** Individuals may feel sad, tired, sick, or bored. Associated with low energy and a lower state of alertness.
- **Green Zone (Good to Go):** A calm and focused state. People in this zone feel happy, content, and ready to learn. The optimal zone for learning and social interactions.
- **Yellow Zone (Heightened State of Alertness):** Individuals may be experiencing stress, frustration, excitement, or anxiety. It's a state where individuals are not in complete control but are not out of control either.
- **Red Zone (High Alert/Overwhelmed):** Intense emotions. Individuals may be angry, terrified, or out of control. Associated with a loss of control over one's emotions and actions.

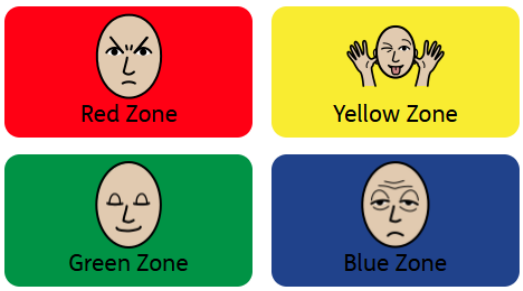


The Zones of Regulation provide a common language for people to express and understand their emotions, as well as tools and strategies to help them move between zones. The goal is to help individuals recognise and regulate their emotions, leading to improved self-control, social interactions, and overall well-being.

All zones and emotions are valid. We do not use Zones as a tool to shame or make students feel like they must be in a particular zone, but rather to highlight what they may be feeling and use it to link to ways in which they may begin to self-regulate.

Zones of Regulation toolkits

At Crowdys, we support staff and students with toolkits of strategies to help them identify and manage each zone. We explore strategies that work best for an individual, and over time support students to use strategies independently to manage their feelings and behaviour.



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