

How can you help your child use The Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child:

“I’m frustrated I think I am in the Yellow Zone”

- Talk about what tool you will use to be in the appropriate Zone

“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.

“You look sleepy are you in the Blue Zone?”

- Teach your child which tools they can use:

“It’s time for bed Let’s read a book together to get you in the Blue Zone”

- Regular Check-ins:

“How are you feeling now?” and “How can you get back to Green?”

- Modelling. It is important to remember to show the children how you use tools to get back to the Green Zone.

“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.
- Put up and reference the Zones visuals and tools in your home (see attachments).
- Praise and encourage your child when they share which Zone they are in.

Tips for practicing using the Zones of Regulation

- Know yourself and how you react in difficult situations before addressing your child’s behaviours.
- Know your child’s sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child’s triggers.
- Be consistent in managing your child’s behaviour and use the Zones language.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Try to get into a calm state yourself, ie. The Green Zone.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies (see attached for more ideas). Encourage your child to take a sensory break to help regulate their bodies.
- Create a ‘calm’ box full of things which help to keep your child calm and alert.

Some ideas for reframing negative thinking:

INSTEAD OF.....	TRY THINKING....
I’m not good at this	What am I missing?
I give up	I’ll use a different strategy
It’s good enough	Is this really my best work?
I can’t make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can’t do this	I am going to train my brain
I’ll never be that smart	I will learn how to do this
Plan A didn’t work	There’s always Plan B
My friend can do it	I will learn from them

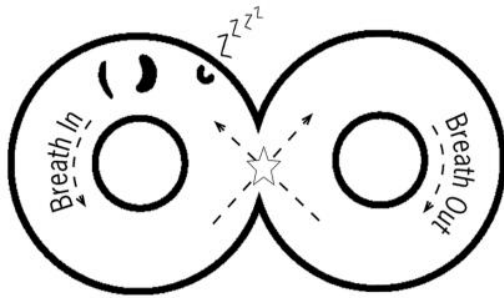
**INNER COACH
VS
INNER CRITIC**



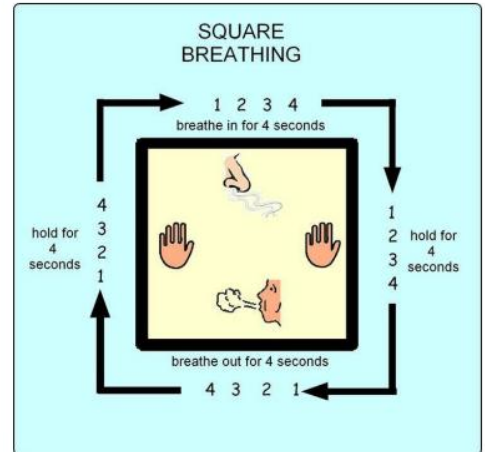
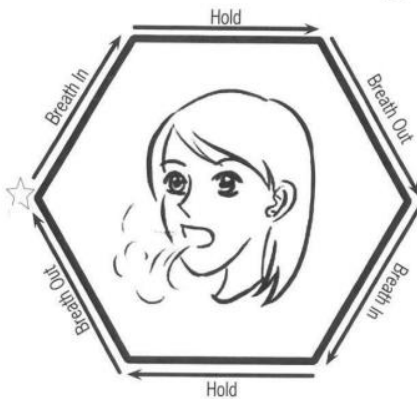
Calming Strategies

Breathing:

Lazy 8 Breathing



The Six Sides of Breathing



Counting:

- Forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulse

Use of Fit bit (relaxation and pulse tracking)

Calming Activities:

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks

More Information on the Zones

Zones of Regulation Website - <https://www.zonesofregulation.com/index.html>

Zones of Regulation Book available on Amazon

Don't forget about Pinterest! – lots of free downloadable resources.