**Zones of Regulation Intro Video:**

**Script:**

Hi my name is Kerri Cunningham and I am an occupational therapist here at Lynden School District. I want to talk about zones of regulations and ways to utilizes this program at home.

**Self-regulation:** The ability to achieve the preferred state of alertness for the given situation. This includes regulating one’s body’s needs as well as one’s emotions.

**The Zones**: A concept used to help students learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels and emotions into four colored Zones with which the students can easily identify.

**Blue Zone:** Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.

**Green Zone**: Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

**Yellow Zone:** Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student’s energy is elevated yet he or she feels some sense of internal control in the Yellow Zone.

**Red Zone:** Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

How does it help/Why do it:

* Self-control, self-management, impulse control
* Identifying emotions, identifying facial expressions associated with feels, insight to triggers, calming and alerting strategies and problem-solving skills.

Activities:

* Bingo
* Charades
* Poster
* Zones Check-In: Colored string & Beads
* Identify Triggers
* Identify at HomeToolbox