







The Zones of Regulation Glossary

Self-regulation	The be able 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 pupils learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels and emotions into four coloured Zones with which the pupils can easily identify.
Tools or Strategies 	A calming or alerting technique that supports the pupil to self-regulate.
Toolbox 	A group of calming and alerting strategies a pupil can chose from depending on their current need.
Trigger	An irritant that causes a student to become less regulated and increases the likelihood of going into the Yellow or Red Zone.
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 pupil may be described as calm, happy, focused, or content when he or she is 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.
Red Zone 	Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behaviour, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.