



Zones of Regulation Chart

Helping children **understand and manage their emotions** starts with **recognizing how they feel**. Use this **color-coded system** to help your child **identify their emotional state** and choose **effective coping strategies**.

Green Zone – Calm, Focused, Ready to Learn

✓ **Feeling:** Happy, content, focused, and in control.

✓ **Examples:**

✓ "I'm ready to learn."

✓ "I feel good."

✓ "I can handle challenges."

✓ **Strategies:**

✓ Keep up the good work!

✓ Use **deep breaths** to stay regulated.

✓ Help a friend or encourage others.

Yellow Zone – Anxious, Frustrated, Losing Focus

⚠ **Feeling:** Worried, overwhelmed, fidgety, or frustrated.

⚠ **Examples:**

✓ "I'm feeling restless."

✓ "I can't focus."

✓ "I'm getting annoyed."

⚠ **Strategies:**

✓ Take deep breaths (**inhale for 4, exhale for 4**).

✓ Use a **fidget tool** or take a short break.

✓ Talk to a **trusted adult**.

✓ **Redirect to a Preferred Coping Tool** – "Would drawing help you right now?"



● Red Zone – Angry, Overwhelmed, Meltdown Mode

🔥 **Feeling:** Angry, aggressive, out of control, or completely shut down.

🔥 **Examples:**

- ✓ "I want to scream."
- ✓ "I can't think straight."
- ✓ "I feel out of control."

🔥 **Strategies:**

- ✓ Find a **quiet space** to reset.
- ✓ Use **calming techniques** (weighted blanket, stress ball, counting breaths).
- ✓ **Ask for help** when ready.

📌 How to Use This Chart

- ✓ **Encourage your child** to check in with their emotions throughout the day.
- ✓ **Guide them** to choose a **strategy** that matches their current zone.
- ✓ **Remind them** that **all feelings are okay**—what matters is how we **manage them**.

💡 Need More Support with Emotional Regulation?

Book a **free 30-minute consultation** for **personalized strategies** to help your child navigate emotions with confidence.



[Schedule Here](#)

Empower • Educate • Elevate

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Understanding emotions is **the first step in self-regulation**. Which strategy will you and your child try today? 💚💛❤️

Warmly,

Tom