

## THE ZONES OF REGULATION POSTER

Self-regulation is the ability to keep yourself calm and at a level of alertness that 'fits' the situation you're in, so you can participate in activities and absorb information. It's linked to almost all areas of development such as: getting along with others; managing emotions; learning language; academic achievement; social, emotional and mental health.

**The Zones of Regulation** was developed by Leah Kuypers as a way of helping young people develop self-regulation. It is visual and helps children learn emotions words, understand how emotions are felt in the body; learn strategies for moving into the Zone that best fits the social situation; and appropriately express what Zone they're in to others.

There is no judgement as we all move across the Zones throughout the day – there are no 'right' or 'wrong' Zones! It's how we learn to manage them that counts.

Zones of regulation. Digital image. The zones of regulation poster.

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