**South Row School**

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Dear Parents and Caregivers, Fall-Winter 2018-2019

This school year I have presented lessons in your child’s class to teach and/or review The

Zones of Regulation, Expected/Unexpected Behavior, and The Group Plan.

What are The Zones of Regulation? The Zones of Regulation is a conceptual framework

used to teach students self-regulation. Creating this type of system to categorize the complex feelings and emotional states student’s experience improves their ability to recognize and communicate how they are feeling in a safe, non-judgmental way. It also allows students to tap into strategies or tools to help them move between zones. The Zones of Regulation categorizes states of alertness and emotions into four colored zones. The Zones signs are displayed in your child’s classroom. (Kuypers, L.M. 2011).

The Blue Zone is used to describe low states of alertness, such as when one’s body and/or brain is moving slowly or sluggishly.

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. There is a connection between the Green Zone, Expected Behavior, and following The Group Plan. A student in the Green Zone is showing Expected Behaviors and is following The Group Plan. Being in the Green Zone shows control.

The Yellow Zone is also used to describe a heightened state of alertness; however; a person had some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The Yellow Zone is starting to lose some control.

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behavior, panic, terror, or elation when in the Red Zone. Being in the Red Zone can best be explained by not being in control of one’s body. (Kuypers, L.M. 2011)

*It is important for students to know that everyone experiences all of the zones at one time or another*. Students learn to recognize emotions while they still have some control and use skills (breathing, self-talk for example) either to control their impulses and move back to the Green Zone or to remain in the Green Zone.

Dr. Linda Rich, EdD –South Row Counselor