

Zones Of Regulation





Hi, kids! It's me, Joy! Do you ever look at someone and wonder what's going on inside their head? Or wonder why they are acting in a certain way? What about looking inside yourself and examining your own feelings?

NOO!



WHAT?!



A 3D rendered character with bright blue hair and a green dress, standing with hands on hips. The background is black with numerous colorful circles in shades of orange, yellow, red, blue, and purple. The character's face is partially obscured by large white text.

Well..that won't do!

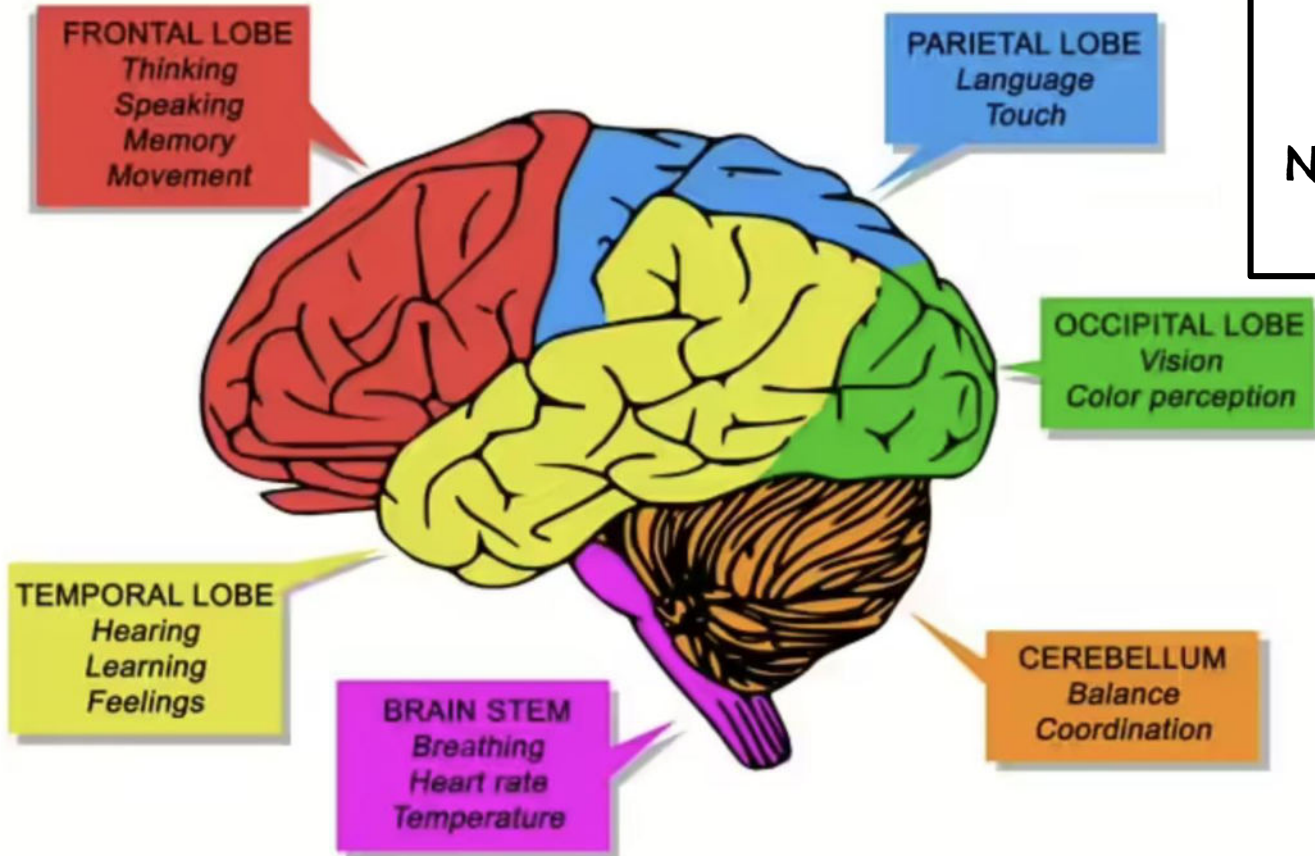
COME ON!



We'll start here at the center of it all. Isn't it amazing to know that each one of us has one of these **wonderful, beautiful** "think tanks" inside our heads?

Our brains help regulate lots of things inside our body - even our feelings!





I mean, WOW!
Look at all the
things your
NOGGIN controls!

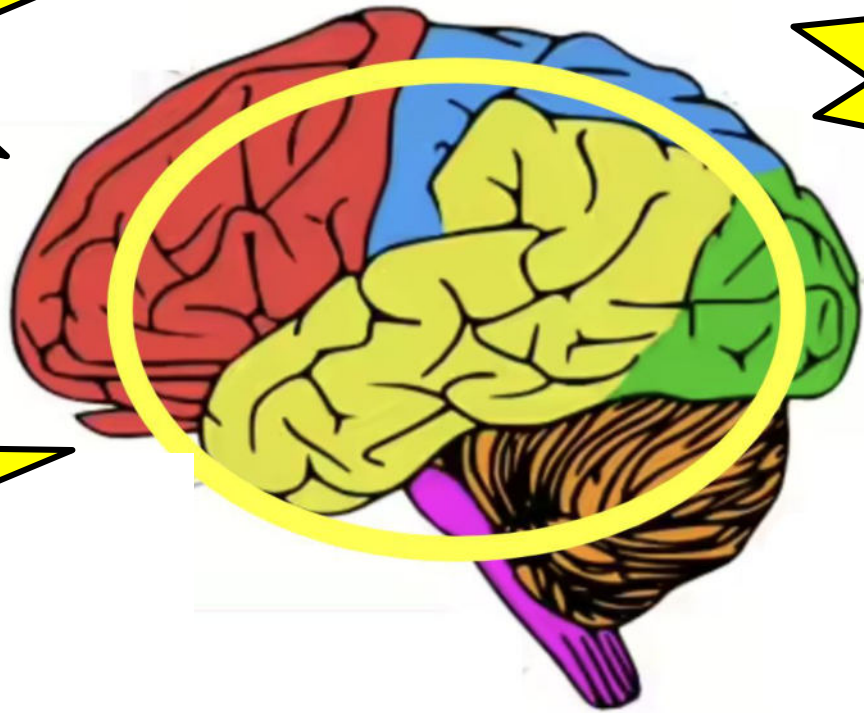


TEMPORAL LOBE

LEARNING!

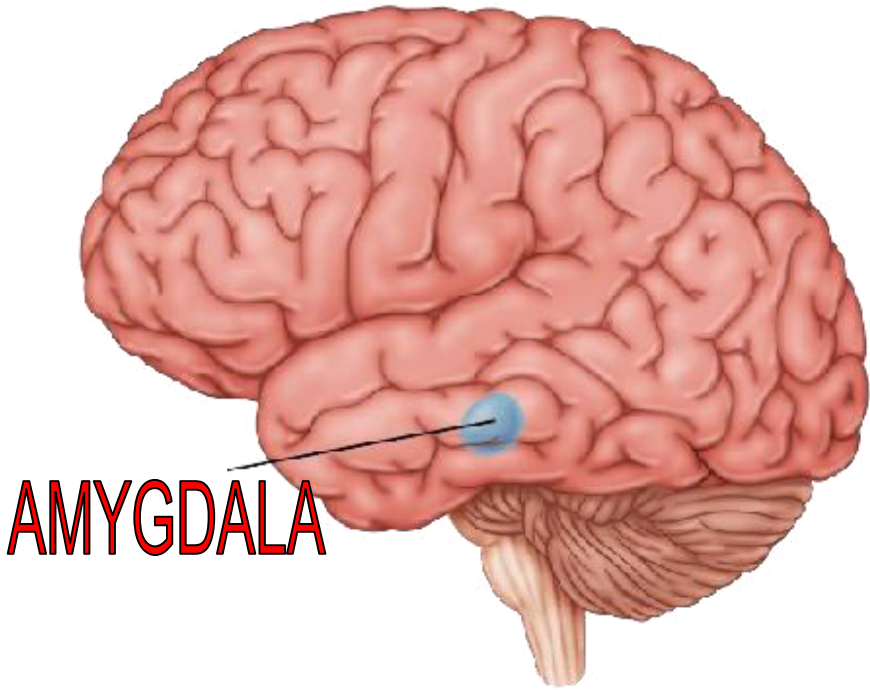
HEARING!

FEELING!



BUT LET'S FOCUS ON THE TEMPORAL LOBE AND ALL THE GREAT THINGS IT HELPS CONTROL!





RIGHT IN THE MIDDLE OF YOUR TEMPORAL LOBE IS YOUR AMYGDALA. EVEN THOUGH THIS LITTLE ALMOND-SHAPED AMYGDALA IS SUCH A SMALL PART OF THE BRAIN - IT'S **TOTALLY MAJOR!**

IF YOUR AMYGDALA IS NOT FUNCTIONING PROPERLY, THEN YOUR FEELINGS GET OUT OF SORT!

AH-MIG-DAH-LA





INSIDE
OUT



KINDA LIKE THAT!

OKAY, I KNOW ALL THIS
“BRAIN TALK” CAN BE A BIT
CONFUSING!

FORTUNATELY FOR US, SOME
WONDERFUL PEOPLE MADE

**THE ZONES OF
REGULATION**

TO HELP US UNDERSTAND
OUR EMOTIONS A LITTLE
BETTER. HEY!! I HAVE AN
IDEA!! LET'S FOCUS
AND TAKE A CLOSER LOOK
AT EACH ZONE.



Can you think of a time
where you felt like
this??



...I'm too sad to walk.



#SADNESS



Yep! You were in the **BLUE ZONE**. Hey! That's a great name for it because you feel kinda down or "blue"!

THE BLUE ZONE

I'M MOVING SLOW!



SAD

SICK

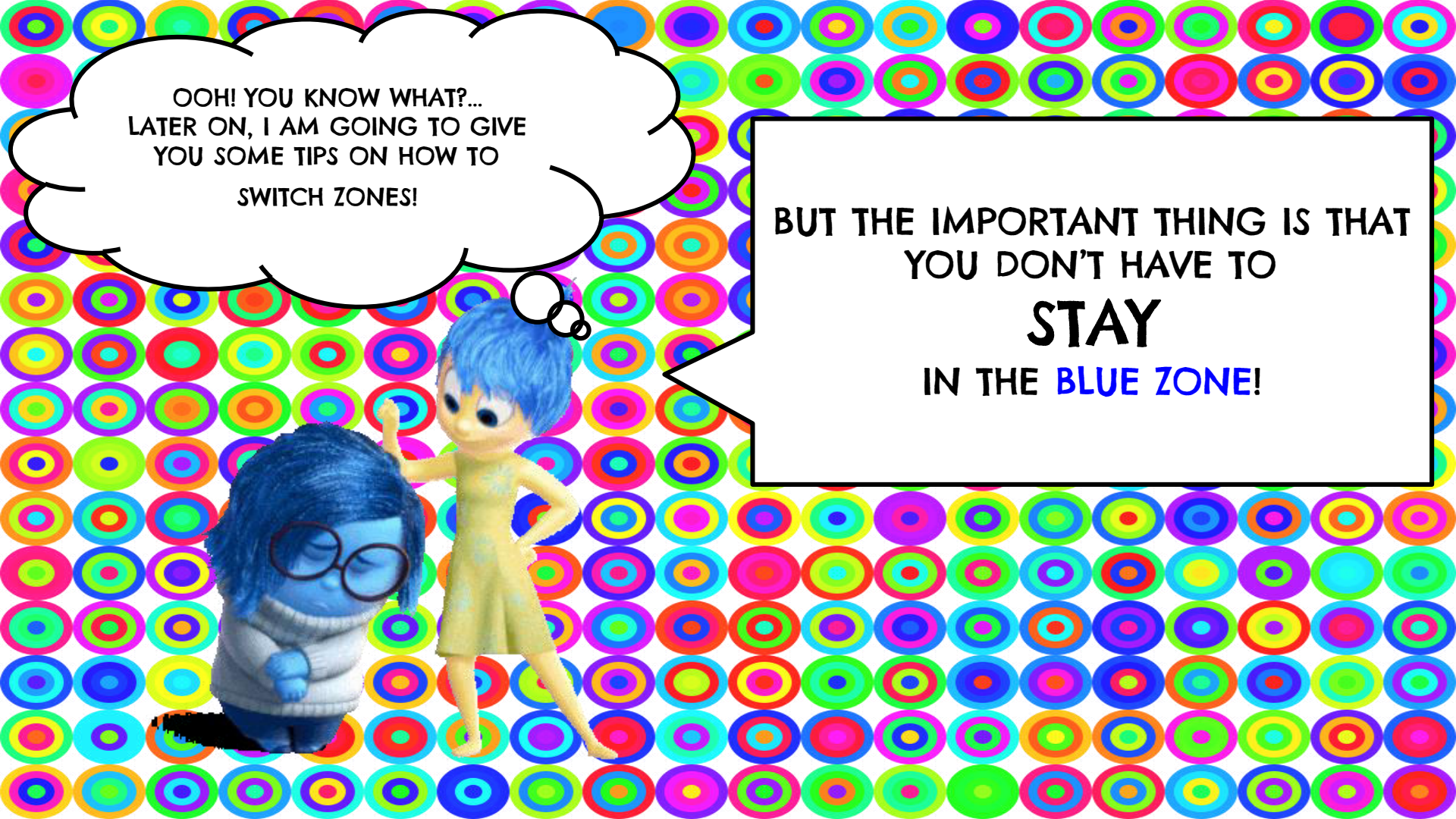
TIRED

BORED



EVERYBODY FEELS THAT WAY AT ONE TIME
OR ANOTHER...
IT'S COMPLETELY NORMAL.

SOME DAYS IT'S JUST HARD TO GET
MOTIVATED- TO GET THAT BRAIN IN GEAR-
OR NOT TO THINK ABOUT THAT THING THAT
MAKES YOU SAD.



OOH! YOU KNOW WHAT?...
LATER ON, I AM GOING TO GIVE
YOU SOME TIPS ON HOW TO
SWITCH ZONES!

BUT THE IMPORTANT THING IS THAT
YOU DON'T HAVE TO
STAY
IN THE **BLUE** ZONE!



So now you know about
the **BLUE ZONE**. But let's
move on to a little zone
that I enjoy most. It's
called:
THE GREEN ZONE.



THE GREEN ZONE
IS WHERE IT'S AT!!! IT'S A HAPPY,
PEACEFUL ZONE WHERE THE
POSSIBILITIES OF WHAT YOU
CAN ACHIEVE ARE TOTALLY UP
TO YOU!
SOUNDS AWESOME, DOESN'T
IT?



THE GREEN ZONE

I'M GOOD TO GO!

HAPPY

CALM

FOCUSED

READY TO
LEARN





**WOO-HOO!!!!
MAKE SOME
NOISE FOR THE
GREEN ZONE!!!!**

**TO GET IN A
LEARNING STATE
OF MIND, YOUR
AIM SHOULD BE
TO TRY AND GET
YOURSELF CALMED
DOWN AND
REFOCUSED!**

AND I GUESS NOW IS AS GOOD OF TIME AS ANY TO LET YOU IN ON WAYS THAT YOU CAN BRING YOURSELF BACK TO BEING FOCUSED AND READY TO LEARN - NO MATTER WHAT COLOR ZONE YOU ARE IN!



A FEW WAYS TO HELP GET YOURSELF FOCUSED AND READY TO LEARN:

**THINK OF A HAPPY
MEMORY**

LISTEN TO MUSIC

**TAKE 5 SLOW DEEP
BREATHS**

DRAW OR WRITE

GET A DRINK OF WATER

LIFT SOMETHING HEAVY

USE FIDGET TOYS


DO WALL PUSH UPS

**TALK IT OUT WITH A
FRIEND OR YOUR
TEACHER**

**THINK OF A CALM PLACE
AND IMAGINE YOURSELF
THERE**

THERE ARE MANY MORE WAYS
THAT AREN'T LISTED HERE.
ONLY YOU KNOW WHAT WILL
WORK BEST FOR YOU. SO TRY
ONE OF THESE, OR TRUST YOUR
GUT, AND DO SOMETHING
YOU KNOW THAT WORKS FOR
YOU!





**HEY! I HAVE AN IDEA!!!
CAN YOU TAKE A MINUTE AND TURN AND
TALK TO A CLASSMATE AND COME UP WITH
ONE OR TWO MORE WAYS THAT YOU COULD
BRING YOURSELF TO A CALM, FOCUSED STATE
SO YOU ARE READY TO LEARN?**

02:00



**GREAT JOB,
EVERYBODY!**



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ALRIGHT...
NOW TO DISCUSS THE
TWO ZONES THAT MIGHT
BE A BIT HARDER TO
RECOVER FROM.
THE IMPORTANT THING
TO KNOW IS:
“ THAT NO MATTER WHAT
IS GOING WRONG, THERE
IS ALWAYS A WAY TO
TURN THINGS AROUND.”



Can you think of a time
where you felt like
this??





DID YOU RELATE TO ANY OF
THOSE? YEP. THAT'S
THE YELLOW ZONE.

A LOT OF PEOPLE OFTEN FIND
THEMSELVES IN THIS ZONE.. AND
AGAIN, THAT'S OKAY!

WORRYING, FEELING FRUSTRATED,
OR BEING ANXIOUS IS
ALL A PART OF LIFE!

THE YELLOW ZONE

I'M FEELING WOBBLY!

- WORRIED
- FRUSTRATED
- ANXIOUS
- SILLY/WIGGLY
- EXCITED



HELLO!

**BUT LETTING MY NEW FRIEND,
ANXIETY, RULE YOUR EVERY
THOUGHT LEAVES YOU FEELING
WOBBLY!**

**USING SOME OF THOSE
SUGGESTIONS I MADE EARLIER CAN
REALLY MAKE A DIFFERENCE! ALSO,
WRITING IN A JOURNAL, MAKING A
WORRY MONSTER, OR EVEN
MEDITATING CAN HELP YOU FEEL
LESS WOBBLY!**





OKAY FRIENDS...
COME IN CLOSE TO HEAR
ABOUT THIS LAST ZONE.
IT'S THE ONE WHERE YOU
ARE OUT OF CONTROL OF
YOUR THOUGHTS & YOUR
BODY. YEP, EVEN IF YOU
ARE THE BEST PERSON ON
THE PLANET, YOU CAN
EXPERIENCE
THE RED ZONE.



THE RED ZONE

I NEED TIME AND SPACE!

ANGRY/MAD

YELLING

HITTING

BODY IS OUT
OF CONTROL!





**GUYS, THIS IS A TOUGHIE!
TO GET OUT OF THE RED ZONE,
YOU HAVE TO REALLY TAKE
CONTROL OF YOUR EMOTIONS
AND THINK ABOUT WHAT IT IS
YOU ARE DOING. YOU NEED TO
STOP YOUR ACTIONS. WALK
AWAY.TAKE A DEEP BREATH.
SIT SOMEWHERE QUIET TO
GATHER YOURSELF.
YOU JUST NEED SOME TIME AND
SPACE!**





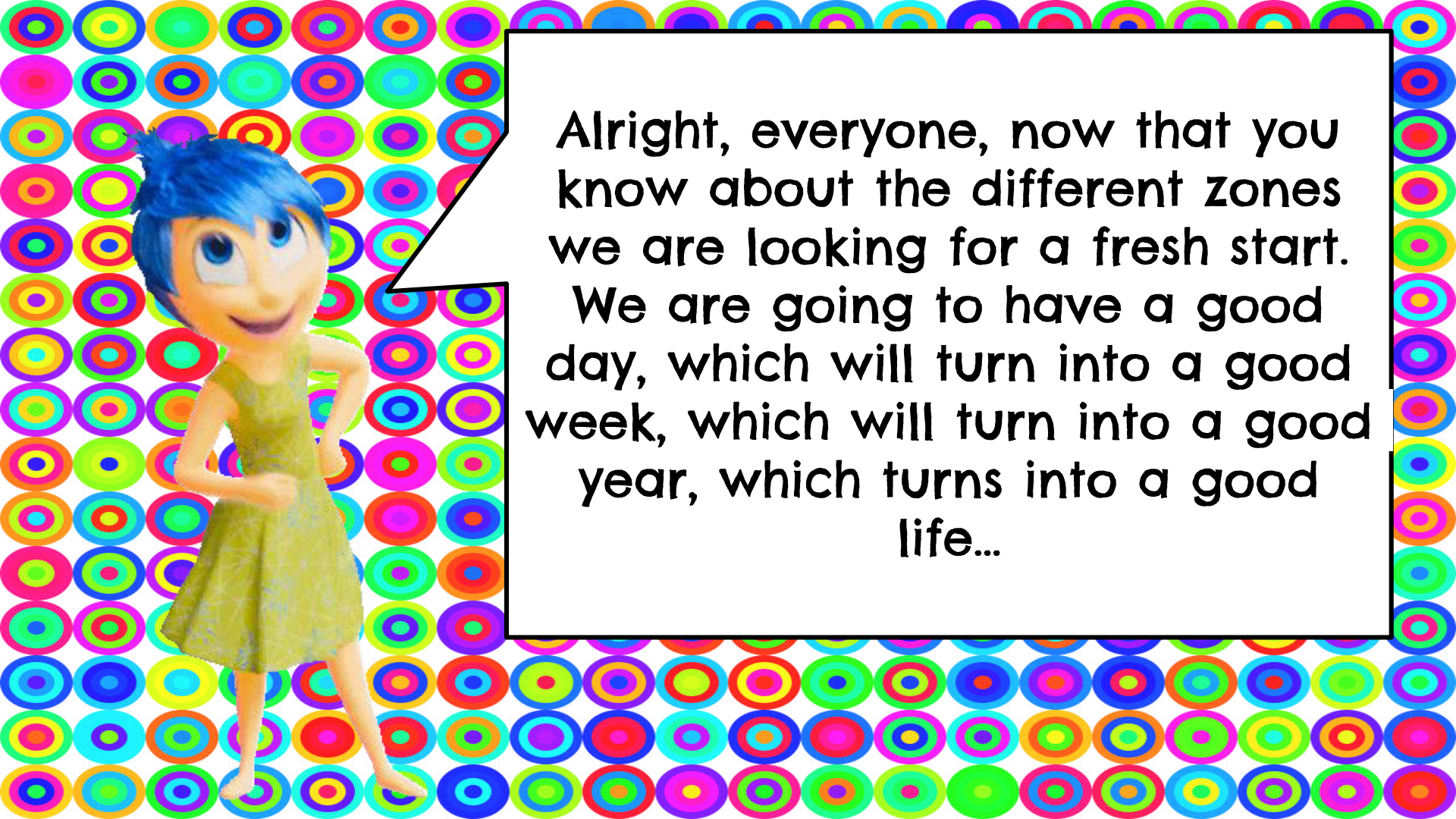
STOP BEING A “HOT HEAD”
BY USING SOME CALMING
STRATEGIES LIKE:

PAUSE & COUNT TO
TEN

SPLASHING SOME WATER ON
YOUR FACE

WHICH ACTIVATES A PART
OF YOUR NERVOUS SYSTEM THAT CAN
ACTUALLY SLOW DOWN YOUR RACING
HEART BEAT!

IF YOU ARE STARTING TO FEEL
PANICKED, YOU CAN EVEN USE
SELF-TALK TO HELP GAIN CONTROL
OF YOUR THOUGHTS!



Alright, everyone, now that you know about the different zones we are looking for a fresh start. We are going to have a good day, which will turn into a good week, which will turn into a good year, which turns into a good life...



INSIDE
OUT 2



HA! WELP, JUST GOES TO SHOW YOU... THERE WILL ALWAYS BE PROBLEMS IN YOUR LIFE - SOME BIG AND SOME SMALL. HOW YOU REACT TO THEM IS UP TO YOU.

NOW YOU KNOW ABOUT THE ZONES OF REGULATION AND HAVE A FEW TRICKS UP YOUR SLEEVE TO HELP YOU NAVIGATE THROUGH THEM!

AND REMEMBER...

— All the —
ZONES
— are —
OK

WELL...YEAH! EVERYONE
VISITS ALL THE ZONES AT
SOME POINT!!

BUT NOW YOU CAN
IDENTIFY WHICH
ZONE YOU ARE IN
& ADJUST
ACCORDINGLY!



THE END