

Areas of Regulation

The four areas of regulation provide us with a simple way to assess how we are feeling at any given time, and take any necessary steps to regulate our emotions by meeting our needs.

	Blue Area	Green Area	Yellow Area	Red Area
How am I feeling?	sad withdrawn bored tired unwell	happy positive focused calm proud	worried anxious frustrated excited silly	overexcited panicked angry scared out of control
What does this mean?	It can be difficult to engage in any kind of activity when you are in this state. Meeting your needs may help to regulate your emotions.	This is a good state of mind to be in for many situations, especially for learning at school.	Regulating your emotions might be useful here. Excitement or silliness can be OK in some situations but not in others, such as learning at school.	This state is associated with an excess of energy and a loss of control, which can lead to issues in various situations.
What can I do to help?	<ul style="list-style-type: none"> • Talk to someone you trust about how you are feeling. • Take a brain break. • Go for a walk. • Take some time out to rest and look after yourself. 	Maintain this state by ensuring you take regular breaks, drink plenty of water and pay attention to any needs and/or changes in how you are feeling.	<ul style="list-style-type: none"> • Take deep breaths. • Take a brain break. • Go for a walk or do another form of exercise. • Squeeze a stress ball or use a fidget toy. • Draw a picture or do some colouring. 	<ul style="list-style-type: none"> • Stop what you are doing. • Try to remove yourself from the situation. • Take deep breaths. • Ask for a longer break. • Find a safe space. • Ask for help or talk to someone you trust.