



Zones Of Regulation

Introduction

The *Zones of Regulation* is a cognitive-behavioural approach developed by Leah Kuypers to support emotional and sensory regulation. It uses four colour-coded zones to help individuals identify their feelings and states of alertness and apply strategies to manage them effectively.

Purpose of Intervention

- To teach self-regulation and emotional control
- To build awareness of internal states and triggers
- To develop a toolkit of strategies for managing emotions and behaviours
- To foster social-emotional learning and resilience

Target Audience

- Children and young people (typically ages 4–18)
- Neurodiverse learners (e.g., autistic students, ADHD)
- Individuals with emotional or behavioural challenges
- Whole school or class emotional literacy intervention

Who Can Deliver the Intervention

- Teachers and teaching assistants
- SENCOs
- Parents/carers (with guidance)

Session Structure

Sessions are typically structured around:

- **Introduction of a zone**
- **Discussion of emotions and triggers**
- **Interactive activities** (e.g., sorting emotions, role-play)
- **Strategy development** (e.g., calming tools, movement breaks)
- **Reflection and journaling**

Frequency and Duration

- **Initial program:** 1–2 sessions per week over 8–12 weeks
- **Session length:** 30–45 minutes
- **Ongoing use:** Daily check-ins, embedded in classroom routines

Key Principles

- All emotions are valid and part of the human experience
- Self-regulation is a skill that can be taught and practiced
- Visual supports and consistent language enhance understanding
- Strategies should be personalized and accessible
- Zones are not about punishment—they're about understanding and support

Training and Implementation

- Training available via The Zones of Regulation website
- Implementation involves:
 - Staff training
 - Resource preparation (visuals, toolkits)
 - Integration into curriculum and behavior support plans

Evidence and Outcomes

- Research shows improvements in:



- Emotional literacy
- Self-regulation and coping skills
- Reduction in behavioural incidents
- Increased engagement and readiness to learn
- Widely used in schools across the UK, US, and globally
- Supported by anecdotal and case study evidence; formal studies are emerging

Feedback

- Positive feedback from educators, parents, and pupils
- Children report feeling more understood and in control
- Teachers note improved classroom climate and reduced disruptions
- Feedback tools include pupil voice surveys, behaviour tracking, and parent questionnaires

Further Information and Resources

- [Zones of Regulation Official Website](#)
- Leah Kuypers' book: *The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control*
- Visual aids, resources, posters, and apps available online