

Dear Caregivers,

During the next few weeks of our Guidance classes, your child will be learning about something we call “The Zones of Regulation” (or “The Zones” for short). These lessons are designed to help your child understand feelings or emotions and help him/her gain skills for self-control and managing different emotions. Some examples of how emotions fit within the zones can be seen below.



Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Sick Tired Bored	Happy Calm Focused Ready to Learn	Frustrated Worried Silly Loss of some control	Mad/Angry Terrified Yelling/Hitting Out of Control

Through this program, students will gain an increased vocabulary of emotional terms, skills in reading other people’s facial expressions, perspective about how others see and react to their behavior, insight into events that can trigger different emotions, calming and alerting strategies, and problem solving skills.

It is important to note that *everyone experiences all of the zones* -- the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another depending on the situation. The goal of the program is to learn about the different emotions and strategies for dealing with feelings in healthy and productive ways that encourage the development of good social skills and healthy relationships.

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